

Last chance to buy bricks in Daddow Park

The Gridley Area Chamber of Commerce will send the final order for memorial bricks to be placed in Daddow Park on February 15, 2017. Deadline to submit an order form and pay \$35 is February 14, 2017 with no exceptions. The first order has been installed in the park which is in it's final stages of completion awaiting the contractor Lamon Construction's final touches. Call 846-3142 for more information or visit the Chamber office at 890 Hazel Street in the Hazel Hotel Monday, Wednesday or Friday from 10 a.m., to 2 p.m.

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WEDNESDAY • FEBRUARY 1, 2017 • VOL. 137 NO. 9

LOCAL
BRIEFS

Manzanita 4-H Tri-Tip Bean Feed

A Tri Tip and Bean Feed Dinner will be served from 5 to 8 p.m. at the Gridley Community Center Building, 200 E. Spruce Street, on Saturday, February 11, 2017. Drive thru take out available. Meal includes beverage and dessert. Proceeds to benefit Manzanita 4-H Club. Tickets on sale from any Manzanita 4-H Club Member or stop by or call the Manzanita Market (530) 846-6030.

Red Suspenders planning meeting set

The first Red Suspenders Day planning meeting for the year will be held Monday, February 6 at noon at the Chamber Office, 890 Hazel Street in the Hazel Hotel. Volunteers are needed for this big event to be held Saturday, May 20 . 2017 so anyone who can help please feel free to attend this meeting.

Athlete Committed assembly held at Biggs High School

By Lisa Van De Hey
Publisher/Editor

Butte County Behavioral Health and Friday Nite Live representatives visited Biggs High School last week to lead an assembly for the Athlete Committed, or Wolverine Committed program and to explain the many aspects involved.

The program, approved by the Biggs Unified School Board in April of 2013, is paired with Friday Nite Live another big project for Biggs to involve all students.

Though not totally geared to the athletes, it is a program for all students who want to live a healthy lifestyle by making the right decisions with education on nutrition, fluids, sleep and stress recovery.

A quick video was shown which included Pleasant Valley High School Principal John Shepard who has helped lead their Athlete Committed program since 2009.

“When you are committed you can be a possible role model to strive for excellence on and off the field,” he explained.

“We committed to work hard for our

COMMITTED
PAGE 5



BIGGS HIGH ATHLETE COMMITTED PROGRAM - Biggs High has been on board with the Athlete Committed Program since April 2013 and students attended an assembly at Mel McLaughlin Gymnasium last week to hear a presentation by Butte County Behavioral Health and Friday Night Live representatives. (Photos by Lisa Van De Hey)

Gridley Area Chamber of Commerce contacted
by American Pickers television show
American Pickers to film in California

Mike Wolfe, Frank Fritz, and their team are excited to return to California! They plan to film episodes of the hit series AMERICAN PICKERS throughout the region in Spring 2017 and are looking for local barns from which to pick from!

American Pickers is a documentary series that explores the fascinating world of antique ‘picking’ on History. The hit show follows Mike and Frank, two of the most skilled pickers in the business, as they hunt for America’s most valuable antiques. They are always excited to find sizeable, unique collections and learn the interesting stories behind them.

As they hit the back roads from coast to coast, Mike and Frank are on a mission to recycle and rescue forgotten relics. Along the way, the Pickers want to meet characters with remarkable and exceptional items. The pair hopes to give historically significant objects a new lease on life, while learning a thing or two about

America’s past along the way. Mike and Frank have seen a lot of rusty gold over the years and are always looking to discover something they’ve never seen before. They are ready to find

CALIFORNIA
PAGE 3



AMERICAN PICKERS LOOKING FOR LOCATIONS IN THIS AREA - Mike, Danielle and Frank would love to pick through local barns, garages that hold countless gems. See American Pickers Monday nights at 6 p.m., on the History Channel. Contact the Gridley Area Chamber of Commerce at 530-846-3142, email americanpickers@cinetflix.com or call 855-OLD-RUST.

Live Oak’s Tica hits the ground running

By David Vantress
Sports/News Reporter

It’s been a hectic first couple of months on the job for new Live Oak City Council member Aleks Tica.

The 26-year-old Live Oak High School graduate was appointed Vice Mayor when the council was reconfigured in January.

In that role, he’s gotten to chair council meetings in the absence of Mayor Jason Banks, who’s been out of state but still calling in to participate re-

motely. Last week, Tica and Mayor Jason Banks had the chance to go to Sacramento and participate in a conference for new elected officials sponsored by the League of California Cities.

The three-day conference, Tica said, was a crash course in all of the things a new council member can expect to deal with. More than 400 new elected officials attended the event.

Big topics on the agenda included budgeting, long-

range planning, how to build relationships, and how to handle social media.

That, Tica said, included tips on how to stay out of trouble.

Social media can be a great tool for connecting with constituents, Tica said.

Tica said he enjoyed the conference, especially meeting other new elected officials from around the state.



Aleks Tica

RUNNING
PAGE 3

Local Produce

Local Navel Oranges
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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)
 “Redistricting shifts Gridley out of Butte.”

The California Supreme Court gave its final stamp of approval to new Assembly, State and Congressional District boundary lines that cut Gridley off from the remainder of Butte County. County Clerk Candace J. Grubbs, who formerly protested the redistricting plan, has not received official maps showing where the new lines have been drawn. Gridley and a portion of the county west of the Feather River and more or less south of Farris Road has been placed with Sutter County. Grubbs has written a letter of protest to the redistricting commission.

50 Years Ago (1967)
 “Pheasants take up 23 percent.”

California pheasant hunters bagged 7,567 bird in the 1966 on 15 hunting areas managed by the Department of Fish and Game, the DFG reported. The take represented an increase of 23 percent over the year before when 6,139 males were taken. The kill represented 5,224 males and 2,342 hens. Last year marked the first year when hens could be taken in the season.

75 Years Ago (1942)
 “Richvale young men to work in Hawaii.”

Six Richvale young men spent last weekend in San Francisco where they signed up for defense construction work at Honolulu. The men are Lowell

Wangberg, Mervin Moak, Norman Lofgren, John, Dave and Cutter Baker. Several of the group were given contracts with instructions to report Thursday.

100 Years Ago (1917)
 “Prospects for rice bright.”

Reports from Biggs and Richvale are being held for higher prices. The mills are attempting to establish a price at \$1.75 per cental, while the farmers are holding for \$1.85 and \$1.90 per cental. The general opinion is that rice will reach the latter level before long. The most activity has been in the poorer grade of rice, many sales of which have been reported of rice as stock food. This has been sauced by the high price of barley.

125 Years Ago (1892)
 “A spot of big dimensions. The Fore-runner of Magnetic disturbances.”

Information received in Boston tells of a monster new spot of the sun that sent all the observers at Harvard to the telescopes. Professor Wendell measured the spot to be 100,000 miles long by 50,000 miles wide. He says “ It occupies one-seventh of the diameter of the sun and is the most magnificent display in 20 years. It will be immediately followed by a magnetic disturbance on Earth, and we may expect a violent storm somewhere on the surface before too long. The effects on the earth will begin to manifest this summer and will increase in intensity for the next two months. During this period, there will be an abnormal increase in the number and intensity of cyclones.



GIANT OAK HAD TO COME DOWN - After homeowners became concerned about a large limb over their house a giant Oak tree on Maine Street was removed by City of Gridley crews last Friday. The homeowners have been maintaining the tree for the past 15 years or so, having it trimmed andchecked out by an arborist every couple of years. The tree was on the City right-of -way, and the City wanted to remove the tree 15 years ago, but had an agreement with the residents, the tree could stay if the residents maintained it. A large limb fell last year and the city hired an arborist who concluded the tree was at the end of its life span which he estimated to be between 175-200 years old based on the diameter. After consulting with the residents, they agreed with the arborist the tree had become a safety hazard, and needed to come down. Although it is sad such an old tree had to come down, it is a relief no one was injured when the large limb fell last year. (Photos by Ricki)



January 2017 Richvale Elementary students of the month-From left to right: Mrs. Logue's class, Austin Arnold and Vivian King; Mrs. Andes class, Sydnee Carr and Johnny Williams

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NEW FENCE AT WILSON ELEMENTARY SCHOOL - The Gridley Unified School Board had already ordered a new fence for Wilson Elementary School and the appearance of two men on the grounds recently sparked parents concerns. Blue slats were added to the north fence on Magnolia Street and were to continue installation this week.

Pet of the Week

My name is Mickie! I am a beautiful Grey/White Calico cat with a wonderful personality. I'm the perfect mix of friendly & playful! I'm a social cat who loves people but I'm not a huge fan of other cats. I want all that attention for myself! So if you're looking for a cat to give love to & receive love from, I would be the perfect one for you! If you're interested in me come hang out with me for a little bit at the Butte Humane Society Cat Adoption Center at 587 Country Drive in Chico, open 7 days a week from 12-6 pm.

(530)343-7917 or visit www.buttehumane.org

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| Lisa Van De Hey | Publisher/Editor |
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| Alice Johnson-Cooper | Classified Ads Manager |
| Rachel Marubashi | Circulation/Design Production |
| Seti Long | Mail Room |

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How to avoid the cold comfort of a drafty house



For those who live in older homes, the transition to colder weather can be extra disheartening, as the vision of expensive heating bills, chilly rooms and drafty windows dance in their heads. However, it's easy to change the outlook from cold to cozy with a few simple DIY solutions.

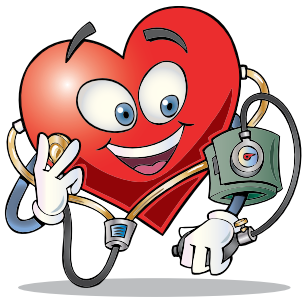
The most effective way to improve the comfort level in your home is to properly insulate. Insulation can be inadequate in older homes. Over time, it can settle and compact, creating gaps. Topping up attic insulation will help keep the warm air in, reducing heating bills and preventing stress on your furnace. For easy installation, homeowners and professionals alike recommend a stone wool batt insulation product called Roxul Comfortbatt. For attics, aim for an r-value of R-50 or a depth of 16 inches.

A little preparation can go a long way to keep the cold at bay. Seal out drafts by replacing worn weatherstripping and caulking along windows, doors, baseboards, and trim. For other ways to beat the cold, consider inexpensive window insulation kits along with thicker drapes, and don't forget to reverse ceiling fans to push warm air back down.

February is Heart Health Month

Orchard Hospital staff and administration will join the Gridley Area Chamber of Commerce Friday for a joint salute to February Heart Health Month.

Everyone is asked to wear red on Friday to support Heart Health Month. Heart disease is the leading cause of death for men and women in the United States.



Financial Management Training Series for Existing Businesses

NEC Small Business Development Center at Butte College, is presenting a series of workshops on "Financial Management for Existing Businesses."

The workshops will be held on Thursday evenings, beginning February 2nd, through February 23rd, 2017 from 6:00pm until 8:00pm at NEC Small Business Development Center at Butte College, 2480 Notre Dame Blvd., Chico.

The cost for the series is \$50 per person prepaid or \$60 at the door.

4-week, 2-hour a week series designed to teach existing business owners how to manage your business financials for success. Series Topics include: Interpreting Financial Statements, Identifying Your Cash Flow Cycle and how it impacts your business; Learning how to calculate & use financial ratios to troubleshoot fiscal dangers and improve performance; how to think critically when looking at pricing & costs; and Developing forecast and budget techniques to improve profits. Existing Businesses ONLY.

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

THE GRIDLEY HERALD

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Latest phone scam warning

There are so many scams currently whether it is through the internet or over the telephone but this warning concerns a simple question asked when answering the phone.

Police warn us if you have someone say "Can You Hear Me?" when you answer your phone, you have to just answer yes and you will be hacked so please hang up immediately when asked this question and do not reply.

By replying you are giving permission to have charges on your phone, utility or credit card.

This scam is hitting many states and when your simple "yes" to being able to hear someone is recorded the scammers say you have agreed to something.

As in many cases, when you don't recognize a number either don't answer it or hang up immediately if asked this question.

Gridley Thumbs and Roots

By Barbara Ott

Shakespeare wrote an entire play about Midsummer's Eve. Did you know there is an equivalent midwinter's day? The Celts called the day that falls in the middle between the Winter Solstice and the Spring Equinox, Imbolc. This midwinter day is now called Groundhog Day, February 2. Imbolc, in the seasonal life of the Celts was start of the lambing season. In a culture that used sheep as a important resource this signaled the beginning of new life and Spring.

At the school I taught at ,swe sang a song in the winter that started with " Deep down in the belly of the night, dream sweet, winter dreams. Lie safe in your grandmother's arms still as a seed." The word Imbolc means 'in the belly', It is the 'quickening of the year'. It is a time of fecundity, expectations of abundance is barely visible. It is the time of hope in the middle of winter, the earth is awakening, life forces are stirring. The cold is leaving the light is coming back, a time of renewal. It was also the time to begin spring cleaning. Spring cleaning once applied to the mind and body as well as the home.

Rotary speech contest for area high school students

The theme for the Gridley Rotary Club's February 23, 2017 annual speech contest is "Serving Humanity," an important aspect of this international club with the International theme "Rotary Serving Humanity."

Gridley, Biggs and Live Oak high school students are encouraged to compete to not only gain experience as they possibly move up to the district level but to also win cash prizes.

The speech must be between five and eight minutes and notes are allowed at the club and semifinal level but not at the finals contest.

Club level prizes are: first, \$200; second, \$100 and third, \$50.

First place winners will participate in one of four regional semi-finals in March where first place will receive \$250, second \$100 and third \$50.

Four finalists will participate in the District Finals with final prizes of \$1,000 for first place; \$700 second place; \$400 third place and \$200 fourth place.

For information and complete rules, call or text Johnny Ceballos at 530-574-2459 or email: johnnyceballos3@gmail.com or Ravie Aujla at 530-632-5990 or email rkalkat@ventanagroup.com.

Entries are due by February 17, 2017 at 5 p.m.

The contest will be held February 23, 2017 at noon and the public is invited to attend the regular weekly meeting at Sacred Heart Church Parish Hall at 1561 Hazel Street.

RUNNING FROM PAGE 1

Tica expected to be one of the youngest elected officials at the conference, but he said there was one who was just 20.

"And he looked even younger than that," Tica said with a laugh.

Tica said he's learning more every day and looks forward to working on some of the key issues facing Live Oak in the near future, including adapting to statewide marijuana legalization

and development along the State Route 99 corridor through the city.

Tica and Banks accepted the Yuba-Sutter Chamber of Commerce Civic Business Partner of the Year award from the Yuba Sutter Chamber of Commerce last month on behalf of the City of Live Oak being recognized for the TIGER grant application for Highway 99 improvements and widening.

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GRIDLEY-BIGGS POLICE LOG

The following are excerpts from the daily incident report of the Gridley/Biggs Police Department (GBPD).

The phone number for the Gridley/Biggs Police Dept is 530-846-5678.

Arrests and Citations

Wed. 1-25-17

At 3:28 p.m. Jose Manuel Santiago Gomez, 33, of Gridley, was arrested, cited and released on a local warrant on Losser Ave, according to a GBPD report.

At 9:51 p.m. Tammie Louise Hibbens, 44, of Gridley, was cited and released

for driving on a suspended drivers license at Hwy 99 and W. Liberty Road, according to a GBPD report.

Sat. 1-28-17

At 9:21 p.m. a male juvenile was arrested on several charges at Hwy 99 and Obermeyer Ave, according to a GBPD report and was transported to Butte County Juvenile Hall.

At 2:54 a.m. Stephanie Gail Lolmaugh, 30, of Biggs, was arrested, cited and released on several misdemeanor warrants at Hwy 99 and South Ave. in Biggs, according to a GBPD report.

THE ABOVE BOOKINGS AND REPORTS REFLECT ONLY THE INITIAL ACTIONS TAKEN BY LAW ENFORCEMENT IN THE COURSE OF THEIR DUTY. THIS INFORMATION IS NOT INTENDED TO COMMENT ON THE GUILT OR INNOCENCE OF THOSE LISTED, NOR IS IT AN INDICATION OF THE FINAL DISPOSITION OF THESE CASES.

CALIFORNIA FROM PAGE 1

extraordinary items and hear fascinating tales about them. American Pickers is looking for leads and would love to explore your hidden treasure. If you or someone you know has a large, private collection or accumulation of antiques that the Pickers can spend the better part of the day looking through, send us your name, phone number, location and description of the collection with photos to:

americanpickers@cineflix.com , call 855-OLD-RUST or contact the Gridley Area Chamber of Commerce 530-846-3142.

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Reduce Your Risk of Stroke

Since 1989, May has been designated as National Stroke Awareness Month. Stroke happens when blood flow to part of the brain is interrupted.

Fortunately, perhaps due to increased awareness, stroke death rates dropped 35 percent between 1998 and 2008. However, every year, stroke still kills more than 133,000 people in the U.S., and is a leading cause of serious, long-term adult disability.

Stroke occurs slightly more frequently in women than men, and African-Americans have an increased risk for the disease.

Some things you can do to lessen your risk of stroke are: control blood pressure and cholesterol levels, don't smoke, limit alcohol consumption, eat a healthy diet, and exercise regularly.

There are warning signs of a stroke, and acting quickly when stroke is suspected is critical. The National Stroke Association suggests the FAST test when stroke is suspected:

Face. Ask the person to smile. Note if one side of the face droops.

Arms. Ask the person to raise both arms. See if one drifts downward.

Speech. Ask the person to repeat a simple sentence. Listen for slurred speech.

Time. If you observe any of these signs, call 911 immediately.

Learn more about the disease and its prevention and treatment at www.Stroke.org.

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(530) 895-4217

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

Governor of California - Jerry Brown
California State Capitol, Suite 1173, Sacramento, CA 95814
(916) 445-2841

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2017 Buick LaCrosse

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By **Greg Zyla**
More Content Now

This week, we're driving the all new 2017 Buick LaCrosse, developed to deliver both the Buick heritage while wrapped in a modern high-tech motif sure to please consumers of all ages. Arriving in 2009 as the top Buick model, more than 900,000 LaCrosse models have been sold as Buick now prepares for its "One Millionth" LaCrosse sale this year.

Specifically, Buick's ability to attract sales from a diverse multi-demographic has been its secret to success, especially the last 10 years. Add the fact that Buick builds some of the best cars General Motors has to offer, and you have a recipe for continued sales success.

For 2017, the longer, lower and wider LaCrosse could well have been today's modern day



SILVIO CALABI

Park Avenue, Roadmaster or Electra 225 had Buick not strayed from its earlier flagship calling cards. As Buick Regal is the lone recognizable tie to the nameplate's past, one can be assured of Buick quality throughout regardless of choice or modern name.

As for heritage, many car buffs may not know that of all the General Motors cars, Buick was its first. No, it wasn't Chevrolet, Cadillac, Oldsmobile or Pontiac. It was Buick back in 1908 that set the stage for this worldwide popular GM brand.

Today, Buick continues to build many of the most satisfying cars, be it for U.S. consumers or

for customers in China. Check any of the consumer magazines and companies that give awards or recommendations like Consumer Reports magazine or JD Power, and you'll find that the Buick brand has quite a successful legacy of consumer satisfaction.

The 2017 LaCrosse has been completely redesigned to offer those who still desire full size automobiles a smart choice, especially for the money spent. Granted, our LaCrosse Premium tester's final price of \$48,395 is by no means cheap, we remind Buick enthusiasts that the entry Buick LaCrosse starts at \$32,065 and rides on pretty much the exact same mechanicals as the upper class LaCrosse Preferred, LaCrosse Essence and LaCrosse Premium.

Notable is our LaCrosse Premium, which starts at \$41,065, came with a \$1,625 optional sporty suspension system and 20-inch tires on aluminum wheels that really spruced up this Buick big time, both in looks and handling. Keep in mind that this option also adds adaptive dampers in addition to the suspension enhancement, called Buick's "HiPer Strut" front suspension. The package helps stop front drive torque steer under full acceleration and when in selectable Sport mode turns the LaCrosse cruiser into a great country road handler.

Additionally, LaCrosse

Premium offers most of today's modern safety enhancements as standard fare including teen driver monitoring, forward collision alert, rear cross traffic, lane keep assist, lane change alert with side blind zone and head up display. At this point, and for \$1,690 more, I highly recommend the Driver Confidence Package that adds adaptive cruise with full speed range, automatic park assist, front automatic braking, and front pedestrian detection. A LaCrosse drawback is that the high-tech safety items are not available on the entry model, although the backup safety camera and park assist is standard across the line.

Although featuring a wheelbase that is 2.7 inches longer than 2016, the new LaCrosse is some 300-pounds lighter than before. Buick accomplished this by utilizing a stronger yet lighter build thanks to press-hardened high energy steel.

Buick engineers also worked on making this new LaCrosse the most sound absorbing of them all as the interior is quiet while driving and most inviting thanks to more amenities than ever.

Under the hood sits a powerful 3.6-liter V-6 engine that puts out 310 horses and 282 lb.-ft. of torque. It's hooked to an 8-speed automatic transmission and will go from zero to 60 mph in just 5.9 seconds.

As for fuel economy,



2017 Buick LaCrosse interior. BUICK

the engine stop/start technology when sitting at a red light or stop sign united with cylinder deactivation to four cylinder power when cruising helps this big Buick deliver outstanding fuel mileage, with 21 city and 31 highway the EPA estimates.

The cabin is luxurious, as leather seating, wood trim and sculptured center console invite driver and passengers. An 8-inch touchscreen with Apple CarPlay, Android Auto, and 4G LTE are all standard, as are amenities like heated seats, heated steering wheel, and so much more. Overall, the LaCrosse Premium interior is beautiful and just a notch under top class Cadillac in comfort and presentation. (This is the way General Motors wants it.)

Other options on our test car included \$1,550 for a panoramic sunroof with second row skylight and a rear power sunshade and \$1,145 for navigation and a Bose 11 speaker surround sound stereo system. A special Quicksilver Metallic paint added another \$395, resulting in a stunning look when coupled with the 20-inch tires and wheels. The choice is all yours when you visit

your Buick dealer.

Important numbers include a wheelbase of 114.4 inches, 3,598 curb weight, 15 cu. ft. of cargo space, 15.8 gal. fuel tank and a 38 ft. turn radius. An AWD LaCrosse is available for about \$2,200 more.

I really like the looks and mechanicals of the new full size Buick LaCrosse, especially the water flow front grille, three faux vent badge on the front fenders and legendary Buick insignia.

The Buick designers have a winner with this all-new LaCrosse, as they have successfully merged the past with the future in a model that is sure to spark sales in 2017.

Personally, I'm hoping for a 2018 LaCrosse Park Avenue edition because I think it sounds great and could easily be done with a luxury enhancement here and a badge there.

Likes: New design, more interior room, powerful V6, Buick birthright.

Dislikes: Many top safety features not available in entry model, gear shifter awkward.

— Greg Zyla writes weekly for *More Content Now* and other *GateHouse Media* publications.

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Community Calendar

If you would like to be included in the Community Calendar, email herald.rachel@gmail.com a week before your event/service

COMMUNITY

Manzanita 4-H Tri-Tip Bean Feed

The 59th Annual Manzanita 4-H Tri-Tip Bean Feed Dinner will be served from 5 to 8 p.m. at the Gridley Community Center Building, 200 E. Spruce Street, on Saturday, February 11, 2017. Drive thru take out available. Meal includes beverage and dessert. Proceeds to benefit Manzanita 4-H Club. Tickets on sale from any Manzanita 4-H Club Member or stop by or call the Manzanita Market (530) 846-6030

Women of the Moose

Wine Tasting Fund Raiser. The Women of the Moose will hold their annual Wine Tasting Fund Raiser Thursday, March 9 starting at 6 p.m. Tickets available in the social quarters.

COMMUNITY

Gridley High Band Fund Raiser

Gridley High School Band's Noodles & Notes will be held February 8 at the Gridley Community Center.

SELF-HELP

Narcotics Anonymous Meetings in Gridley

Open to anyone wishing to attend, meetings will be held at St. Timothy's Episcopal Church, 410 Jackson Street every:

Sunday, 7 p.m., Wednesday, 7 p.m., Thursday, 7 p.m., Friday, 7 p.m.

Call 1-877-669-1669 for more information.
Monday Night - Ladies Night 7 p.m.

ENTERTAINMENT

Book club offered at Gridley Library

If you are interested in joining a once a month self directed book club stop by or call the library in Gridley to sign up. Members will decide the day and time to meet, make the book selections and lead the discussions. Call

846-3323 to sign up.

Paperback books for sale at Gridley's Library

Gridley Friends of the Library offers an ongoing paperback book sale in the lobby of the library at just 25 cents each.

Pre-owned books are welcome along with hard back books as long as they are in good condition.

BINGO!!!

VFW, Auxiliary and American Legion Bingo every Thursday at Veterans Memorial Hall, 249 Sycamore Street, at 6:30 p.m.

U-Jam Fitness

Turn it Up for the ultimate fitness dance party Tuesdays at 6 p.m., at the Gridley Recreation Center in Vierra Park. First class is free, \$3 per class after.



**FIND US ON
FACEBOOK**

Simple ways to avoid injuries when working out

A desire to live a healthy, active life compels many people to include exercise in their daily routines. Numerous studies have shown that regular workouts that include a combination of strength training and cardiovascular exercise can make bodies less susceptible to injury while reducing a person's risk for conditions such as heart disease, stroke and diabetes.

Exercising is most effective when it's part of a daily routine, but that routine can be derailed if men and women are not taking the appropriate measures to avoid injury while working out. While even professional athletes succumb to injury from time to time, there are steps everyone can take to avoid injury when working out.

- Confirm your technique is the right one. Exercise science is continuously evolving, and that means workouts and fitness machines are evolving as well. When using a piece of equipment for the first time or altering a workout routine, men and women should consult with a gym employee or personal trainer to learn the correct technique. Incorrect technique can lead to minor and serious injuries because muscles are used in ways they are not intended to be used when exercises are performed properly. Research appropriate techniques, taking advantage of online video tutorials if you don't exercise at a gym, to ensure the exercises you want to perform are done properly. When beginning a new routine, ask a friend or gym employee to observe your workout and let you know if you are doing anything incorrectly.

- Be patient. Lifting too much weight or pushing yourself too hard on the treadmill, exercise bike or elliptical machine will increase your risk of injury. This is especially true for men and women working out for the first time or after lengthy stretches of inactivity. Men and women who are elderly, inactive and/or overweight are likely to suffer from poor balance because their muscles are weak. Those muscles can be strengthened over time, but remain patient and stick to light weight during initial workouts so lack of balance does not lead to pain or injury. Take the same approach with aerobic exercise to prevent muscle strains and pulls. Increase weight and the intensity of cardiovascular exercises as muscles gradually strengthen and become accustomed to exercise.

- Allow for adequate time to warm up. Failure to warm up is another contributor to exercise-related injury. Before diving into a workout routine, spend between five and 10 minutes warming up your body with some low-intensity exercises. This increases



Five to ten minutes of light aerobic exercise before working out can help men and women avoid injury.

blood flow to the muscles and makes them more elastic and pliable than cold muscles, thereby improving flexibility. Some low-intensity cardiovascular exercise on the stationary bike or treadmill can greatly reduce injury risk during the workout.

- Vary workouts and exercise regularly. Varying workouts is a good idea because doing so can prevent repetitive-use injuries and prevent overuse of muscles. Repetitive-use injuries such as shin splints and tendonitis require extended rest to heal, and that can derail your routine and nullify your progress. Vary workouts so you are not always working the same muscles, and don't mistake varying workouts for varying workout schedules. Working out five days one week and one day the next increases your risk of injury.

Injuries sometimes happen when exercising. But veteran and novice fitness enthusiasts can employ a handful of simple strategies to greatly reduce their risk of injury while working out.

How to Make Your Financial Statements Work for You

NEC Small Business Development Center at Butte College, is presenting a workshop on "How to Make Your Financial Statements Work for You" on Tuesday, February 7th, 2017 from 9:00am to 12:00pm, at the Butte College Glenn County Center, 604 E. Walker Street (Room 204), Orland. Cost: \$30 per person or \$40 at door.

Understanding your costs, expenses and income is the key to any business success. Learn how to use your financial statements to better manage and understand your business operation, cash flow and profitability. You will: Learn how to read and interpret your financial statements; Understand how to think critically when looking at your pricing and costs; Determine how to calculate your ongoing expenses; Acquire simple techniques for developing your budget to improve your profit; and Apply all of the information to plan for your business direction.

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

Spring classes at Patrick Ranch

The Patrick Ranch Museum Spring Education Classes will be offered in March, April and May. The ranch is an interactive agricultural and natural history museum located on 28 acres in Durham, California.

These outstanding classes provide interactive history, agricultural experiences which meet the California Common Core State standards 1st-4th grades.

We provide a unique learning experience that encourages hands on learning, respect for environment and stewardship of our youth which is vital to the long term long term preservation and values of our historic past and our natural resources.

Led by Patrick Ranch volunteers, students will experience the proud heritage of this area as told through many venues including: the evolution of transportation and earth, life and physical sciences, agricultural development, California history and the Native American story.

The classes will be held Wed-Fri in the mornings. The cost is \$50 for 25 students. To reserve your spot or for more information call 342-4359 or visit our website at www.patrickranchmuseum.org. The ranch is located at 10381 Midway between Chico and Durham.

COMMITTED FROM PAGE 1

town and our school as role models are individuals with great characters," Shepard stated.

Athlete Committed is not an individual program as all athletes are in Athlete Committed where they train hard to hold each other accountable.

Students understand that when they are Athlete Committed they take responsibility for not only their actions but the actions of others.

"Partying can ruin our athletes lives and we have reached State levels, section levels and league since joining," Shepard stated.

Chico High School students then had their time to give their opinions of Athlete Committed on the video. "The sky is the limit. What are you willing to do to achieve excellence. Ask what you are willing to achieve for your school, your town, your team."

Patrick, a Chico high school student stated the stigma of drinking gets kids in trouble but with proper diet and training students can learn to avoid substance abuse and parties.

Three levels of importance were displayed with the first being Character - what you really are, not what others think you are. Will you do the right thing when no one is watching?

The second level explained was Role Mentality with the "pack" mentality - how you act reflects on kids, how they act. Watching out for teammates year round with a commitment not just during sports the student plays in.

"Just like you set good examples for younger kids who look up to you," the Biggs students were told.

Erica White explained the important part nutrition plays in Athlete Committed with 21 percent of high school students having borderline low blood sugar by 3 p.m., each day of school because of poor eating habits.

"Your brain and muscles run exclusively off your blood glucose levels," White said.

"Stop and eat every three to four hours. Just a small box of raisins or a power bar is crucial," she stated.

John Underwood the Director and Founder of Life Of An Athlete has over 20 years experience and stated in a video that students should have carbs minutes within training, four to six ounces of Gatoraid or sweet juice right after finishing a sport.

He has trained or advised more than two dozen Olympians including many World and

Olympic Champions and holds three international Olympic Solidarity diplomas for coached and has been a crusader for drug-free sport at all levels.

"When you take 75 grams of carbohydrates, such as a small box of raisins, this gets your muscles into recovery," Underwood stated.

The importance of protein was stressed with charts showing the difference in strength immediately after a sport and waiting two hours after.

The affects of drugs and alcohol on an athlete's performance was alarming with an explanation that getting drunk once is equal to not training for 14 days.

Brain activity of a normal 15 year old and one impaired by alcohol use was displayed with the difference of performance showed with activity loss.

Brain activity after a weekend binge drinking session and marijuana use were shown to explain how the student was affected.

The injury rate of student drinkers is 54 percent and non drinkers is 23 percent according to the NCAA injury study. A decrease in lung capacity was shown for those who imbibe in alcohol and marijuana along with sensory motor skills being decreased.

The importance of hydration before, during and after training competition was explained by Erica, a soldier in the Army who now works for Butte County Public Health. When she trained for the Army, Erica had to pass a physical training test which included running, hundreds of push-ups and sit-ups among other exercises.

"They had us drink four quarts of water, we could not leave. I don't suggest this because of water poisoning. I wasn't sure I could have continued with the training exercise. I wasn't sore, I could have continued and we all passed that day" showing the benefit of being hydrated.

"Approximately two hours prior to exercise drink 500 ml of fluid, which is equal to two and a half cups of water, drink 200 ml every 15 minutes before sport and keep it up.

Dehydration can decrease levels such as decision making and focusing.

The Athlete Committed program has been adapted from Life Of An Athlete designed to give optimal athletic performance, enjoy better health and wellness by educating coaches and athletes on the impact of nutrition, sleep, character, stress and chemical health.



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www.gridleyherald.com

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650 Kentucky Street

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(530) 846-3661

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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210 YARD SALE

BUTTE COUNTY SURPLUS SALE ONE DAY ONLY!!! 14 County Center Dr. Oroville, CA Friday, Feb 3, 2017 9 am -- 2 pm Nice \$5 Desks Bookcases \$10-\$20 Chairs \$10, \$5, \$1 File Cabinets White/Cork Boards Lamps, Books Movies, Artwork Office Supplies Accessories, Binders Tons of \$1 items! **Don't Miss This Sale!**

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ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE #17CV00091

1. Petitioner **Kylee Dancer Sexton** filed a petition with this court for a decree changing names as follows:

| Present name | Proposed name |
|----------------------------|---------------------|
| Kylee Nicole Dancer-Sexton | Kylee Nicole Dancer |

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 1, 8, 15, 22, 2017 (The Gridley Herald)

ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE #16CV03125

1. Petitioners **Elias Carrasco** and **Juana M. Duenas** filed a petition with this court for a decree changing names as follows:

| Present name | Proposed name |
|------------------------------|-----------------------|
| John Charles Robles Duenas | John Carrasco |
| Ana Patricia Carrasco Duenas | Ana Patricia Carrasco |

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 **February 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 11, 18, 25, February 1, 2017 (The Gridley Herald)

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-0000035

The following person is doing business as: **LILLEY PAD POOLS 870 VERMONT STREET GRIDLEY CA 95948**
MARK JEFFERY LILLEY, 870 Vermont Street Gridley, CA 95948
Date Filed in Butte County: January 5, 2017
The Registrant commenced to transact business under the above business name on: January 5, 2017
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, February 1, 2017 (The Gridley Herald)

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| Celebrex 200mg | 90 | \$109.99 |
| Advair 250/50mcg | 180 ds | \$189.99 |
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ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE #17CV00090

1. Petitioner **Kassie Dancer-Sexton** filed a petition with this court for a decree changing names as follows:

| Present name | Proposed name |
|---------------------------|--------------------|
| Kassie Lynn Dancer-Sexton | Kassie Lynn Dancer |

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 17, 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 1, 8, 15, 22, 2017 (The Gridley Herald)

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2017-0000034

The following persons are doing business as: **COLONIAL MINI STORAGE SCHOTT PROPERTY**

5921-A SKYWAY PARADISE, CA 95969
DAVID CHRISTOPHER SCHOTT, 759 Willow St., Paradise, CA 95969
TERRI RENEE SCHOTT, 759 Willow St., Paradise, CA 95969

Date Filed in Butte County: January 5, 2017
The Registrant commenced to transact business under the above business name on: January 1, 2003

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

Publish: January 11, 18, 25, February 1, 2017 (The Gridley Herald)

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2016-0001594

The following persons are doing business as: **WHITE KNIGHT SERVICES 1391 LOSSER AVE., GRIDLEY, CA 95948**

AUBURN KRISTINE VAN ROOYEN, 1391 Losser Ave., Gridley, CA 95948
TREVOR JEFFREY VAN ROOYEN, 1391 Losser Ave., Gridley, CA 95948

Date Filed in Butte County: December 29, 2016
The Registrant commenced to transact business under the above business name on: December 29, 2016

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

Publish: January 18, 25, February 1, 8, 2017 (The Gridley Herald)

CITY OF BIGGS

- NOTICE OF PUBLIC HEARING -

HOP-Major #2017-01 (Closson)
APPLICATION FOR A:

MAJOR HOME OCCUPATION PERMIT AT 3093 3rd STREET

NOTICE IS HERBY GIVEN that the City Council of the City of Biggs will conduct a public hearing on Tuesday, February 14, 2017, at or near 6:30 p.m., in the City Council Chambers located at 3016 Sixth Street in the City of Biggs, to consider an application for a Major Home Occupation Permit to permit the operation of an in-home hair salon at 3093 3rd Street in the City of Biggs.

The applicant is requesting approval of a Home Occupation Permit to operate a hair salon studio in the accessory structure of the residential dwelling. The proposed business is within an R-2 residential zone district and has requested permission to allow occasional on-site business activity. Pursuant to Section 14.75.040 of the Biggs Municipal Code, the proposed project requires a Home Occupation Permit - Major. Major Home Occupation Permits are reviewed and considered by the City Council.

In accordance with State CEQA Guidelines, as developed under Public Resources Code Section 21084, City staff has determined that the project meets the requirements for consideration as being exempt from further environmental review requirements pursuant to Section 15301, Existing Facilities of the California Public Resources Code, a Class 1 exemption.

Comments to the City Council regarding this application may be presented at the scheduled public hearing or may be submitted in writing to the Biggs City Hall at 465 C Street prior at any time prior to the hearing. If you have questions regarding the proposed action please contact Scott Friend at 868-0100 or 513-5974 or via email at sfriend@mbakerintl.com.

Roben Dewsnap, City Clerk

Publish: February 1, 2017 (The Gridley Herald)

LODGE AND SERVICE DIRECTORY

GRIDLEY ROTARY CLUB

MEETS THURSDAYS 12:15 P.M.
CORNER HAZEL & OREGON STS.
SACRED HEART HALL

JAG KALKAT PRESIDENT
RAVIE AUJLA SEC.

NORTH BUTTE LODGE

NO 230 F&AM
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EACH MONTH 7:30 P.M.

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MEETING BEGINS AT 7 P.M.

AMERICAN ASSOCIATION OF UNIVERSITY WOMEN

GRIDLEY BRANCH
MEET 2ND THURSDAY AT LIBRARY AT 4:00 P.M.

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(AA, BA, BS, RN, ETC.)

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CONTACT FOR MTG. DATES tracy@howellits.com
PHONE 846-7962

LOYAL ORDER OF THE MOOSE

GRIDLEY 1594
1533 HWY. 99E
PHONE 846-4610

MEETS SECOND AND FOURTH WEDNESDAYS
ADMINISTRATOR

GOVERNOR, RAY MICHELET - 846-4610

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GRIDLEY AREA CHAMBER OF COMMERCE

MEETS SECOND MONDAY OF EACH MONTH
AT 6:30 P.M.

PRESIDENT - LYNNE SPENCER
VICE PRESIDENT - ZACH TORRES
INTERIM SECRETARY - BRITTNEY KELLY

TREASURER - CATHY MILLS
890 HAZEL STREET, GRIDLEY
530-846-3142

WOMEN OF THE MOOSE

GRIDLEY NO. 1185
MEET FIRST THURSDAY 5 P.M.

1533 HWY 99
OFFICERS MEET SECOND WEDNESDAY 5 P.M.

SENIOR REGENT MARNA ANDES
PHONE 846-4610

GRIDLEY QUOTA CLUB

MEETS 2ND AND 4TH WEDNESDAY 12:00 NOON
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495 KENTUCKY STREET, PO BOX 144, GRIDLEY
MARIE WHEELER, PRESIDENT

KARI WHEELER, PRESIDENT-ELECT
PAM SCOTT, VICE PRESIDENT

JENNIFER SEPULVEDA, SECRETARY
PAT TEAGUE, TREASURER

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FRIENDS OF THE GRIDLEY LIBRARY

MEETS 2ND THURSDAY OF EACH MONTH AT 6:00 P.M.

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WANT TO SPREAD THE WORD ABOUT YOUR GROUP/ORGANIZATION

Fruit Scarring of Nectarines

by Brent McGhie, Butte County Master Gardener

Do you have a nectarine tree that has a history of producing scarred misshapen fruit? If so, the damage to the fruit is probably caused by western flower thrips (*Frankliniella occidentalis*) and the time to think about controlling these pests is sooner rather than later.

Western flower thrips are tiny insects. Adults are only 0.8 – 1.4 mm long. They range in color from dark brown in the spring to a lighter white and yellow form that is prevalent during the rest of the year. They are hard to spot because of their minute size and their habit of sheltering inside flower and leaf bud scales. Thus, a history of thrips-damaged fruit may be a better indicator of the presence of thrips than actually seeing them.

The tan or silvery, scabby scarring caused by thrips does not significantly harm the internal quality of the nectarine fruit, but the scarring is unsightly and has a coarse, leathery texture that is unpleasant to bite into. Fruit damage occurs when immature thrips nymphs feed on the surface of tiny fruit, just as it begins to develop. Feeding creates scars on the fruit surface and these scars enlarge as the fruit grows. These insects often begin feeding even before the flower petals have dropped from the newly forming fruit. Once fruits begin to enlarge and their skin becomes tougher, thrips start to feed on new tender leaves as leaf buds begin to open. Unfortunately, this means that by the time their damage is apparent, thrips may no longer be present on the fruit.

Western flower thrips are not easy to control. They overwinter as adults in weeds and grasses beneath fruit trees or in nearby fields. If these overwintering sites are disturbed (by mowing or cultivating, for example), the thrips have a tendency to migrate onto nearby fruit trees. The first line of defense in controlling thrips is to keep the area around fruit trees clean and weed free in the first place. If possible, nearby fields should be disked or mowed in the fall to further deny thrips a habitat for overwintering.

Another way to control thrips is to encourage their natural enemies. Green lacewings, predatory thrips, minute pirate bugs and tiny predatory wasps are among the beneficial insects that prey on western flower thrips. To encourage these beneficials, keep dust to a minimum and consider rinsing dust off

plants. Also, avoid persistent pesticides because these chemicals harm beneficials as well as the targeted pests. In addition, it should be noted that the greater the diversity of plant species in the garden, the greater are the odds of providing a suitable habitat for beneficials. A final thing to note about biological control is that releasing natural enemies is unlikely to provide significant thrips control. In most situations, beneficials simply disperse soon after they are released.

If the cultural and biological controls described above do not provide adequate control, they can be used in conjunction with the most selective, least toxic insecticides available. Contact insecticides that do not leave persistent residues include insecticidal soaps, horticultural oils and neem oil. These oil sprays must thoroughly cover the affected trees and be used at the right rates to avoid phytotoxicity (toxic effects on plant growth). These products can also be harmful to natural enemies and pollinators, so the timing of their application is important. For example, spraying just after flower petals have dropped will limit how much exposure bees will have to these materials.

A somewhat more effective spray is spinosad, which is sold as Captain Jack's Deadbug Brew, Green Light Lawn and Garden Spray with Spinosad 2, or Mon-

terey Garden Insect Spray. Spinosad is toxic to certain natural enemies and to bees, so should not be sprayed when trees are flowering. As with any chemical control, be sure to read and carefully follow label directions. Avoid using organophosphates such as malathion, as well as carbaryl, or pyrethroids as these chemicals are highly toxic to beneficial insects and are not particularly effective against thrips.

For further information, see <http://ipm.ucanr.edu/PMG/r540300411.html>
<http://ipm.ucanr.edu/PMG/PESTNOTES/pn7429.html>
<http://www.omafra.gov.on.ca/IPM/english/tender/insects/thrips.html>



WESTERN FLOWER THRIPS - Begin monitoring as individual blocks begin to bloom.
Photo from <http://www.omafra.gov.on.ca/PM/english>

Exhibitions, Events, and Programs at the Crocker Art Museum

Continuing exhibitions

“Into the Fold: Contemporary Japanese Ceramics from the Horvitz Collection”
January 22 through May 7, 2017

In early 2017, the Crocker Art Museum will unveil three beautiful and important new exhibitions focusing on Japanese and Japanese American art and culture. The first of these, “Into the Fold: Contemporary Japanese Ceramics from the Horvitz Collection,” opened January 22 and highlights the diversity, creativity, and technical virtuosity of 20th and 21st-century ceramic artists working in Japan. The show features artists whose work is inspired by traditional themes, as well as those who work in (or are influenced by) the avant garde. Tensions between form and functionality, traditional and modern, national and international are often evident across works in the exhibition and within individual pieces. Groupings suggest particular elements associated with the medium’s development, including tea vessels, biomorphic shapes, geometric design, and sculptural forms. Some 40 artists, including many of Japan’s greatest living ceramists, are represented by 75 works.

“JapanAmerica: Points of Contact, 1876-1970”
February 12 through May 21, 2017

“JapanAmerica: Points of Contact, 1876–1970,” a major exhibition organized by the Johnson Museum of Art at Cornell University, opened February 12 and surveys the role that international exhibitions and world’s fairs have played in artistic exchanges between these two cultures. Focusing on Japan’s place in major international exhibitions held on the American continent from 1876 onward, and finishing with a look at Japan’s first World’s Fair held in Osaka in 1970, this beautiful and diverse assembly of more than 100 works examines the influence of Japanese aesthetics on painting and printmaking, ceramics and metalwork, graphic design, advertising, bookbinding, and illustration. The exhibition also includes Japanese objects influenced by the West, as Japanese makers took pride in adopting western forms and manufacturing techniques, while retaining the high level of craftsmanship and attention to detail for which they were famous.

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SPORTS

Lady Lions roll to win over Colusa

By David Vantress
Sports/News Reporter

Live Oak pulled away Friday night in the second half for a 56-38 win over visiting Colusa.

With the win, the Lions improved to 13-4 on the 20-16-17 season (3-0 Sacramento Valley League). The Lions were scheduled to travel to Willows Tuesday night in a battle for first place in the league.

Isabel Hernandez, a junior point guard and exchange student from Spain, continued to impress with a game-high 33 points, including five three-pointers.

Leslie Fregoso added 13.

Live Oak coach Greg Anderson likes where his team is at the moment.

"We're playing fast," Anderson said. "Everone's contributing."

Meanwhile, on the road at Colusa, the Lions pulled out a 47-44 win over the Red Hawks.

Live Oak improved to 10-6 overall (3-0 Sacramento Valley League) with the win.

David Topete led the Lions with 11 points, just missing out on a double-double with nine rebounds. Johnny Taffolla did record a double-double with 10 points and 12 rebounds.

The Gridley girls traveled to Oroville for a Butte View League contest and came away with a 16-5 win to improve to 16-5 overall on the season (3-2 BVL).

Stephanie Cardenas led the Bulldogs with 19 points, and sophomore forward Maddyson Tull had 12 points and 13 rebounds for a double-double.

The Bulldogs travel to Las Plumas this Thursday night.

Meanwhile, the Gridley boys also got a win over Oroville, getting back on track after last Tuesday night's loss on the road at Paradise. Gridley defeated the Tigers at Farmer's Hall, 61-53.

With the win, the Bulldogs improved to 9-12 overall (4-1 BVL).

Tyler Little led the Bulldogs with 17 points and 11 rebounds. Randy Miller and Brian Wilkerson added 13 points apiece for Gridley.

Gridley hosts Las Plumas Friday night.



Live Oak's Leslie Fregoso drives to the basket during the first half last Friday night against Colusa. (Photo by David Vantress)



Live Oak's Shelby Foster goes up for a shot during the first half last Friday night against Colusa. (Photo by David Vantress)



Butte College announces changes to athletics staff

Butte College Athletics will be announcing some changes to its program staff for the Fall 2017 season. Head football coach, Jeff Jordan, has decided to step away from his football position after 11 years which included 2 state and national championships, 6 conference championships, 6 time conference coach of the year, 2 state coach of the year and 1 national coach of the year awards. Jordan sent many players to four year institutions on scholarship. His teams completed many hours of community service. He served as an assistant coach for 8 years prior to his appointment as head coach. He will remain on staff as a full time instructor in the Health, Kinesiology and Athletics Department.

Robby Snelling has been appointed as the interim head football coach. He has served as the offensive line coach and offensive coordinator. He was also the head track and field coach. He will also be a full-time temporary instructor in the Health, Kinesiology, and Athletics program.

Jon Hays has been appointed as the interim

head track and field coach. He will also serve as the offensive coordinator on the football team. Jon has served in the Student Athletic Success Program and was the quarterback coach for the football team. Wally Funk will now serve in the Student Athletic Success Program. He is the running backs coach for the football team and an associate faculty member.

"Jeff Jordan has done a tremendous job as head football coach for 11 seasons, and has brought the program to unprecedented heights during his tenure as head coach," said Craig Rigsbee, Butte College Athletics Director. "We're excited about bringing on Robby Snelling as head football coach. He's a former Butte College all-state and all-American tight end. He is a graduate from Boise State and previously coached at Arizona State and has served as the offensive line coach and offensive coordinator as well as the head track and field coach for the past nine seasons. Jon Hayes is a former Butte College all-state quarterback who played at the University of Utah and will now serve as head track and field coach and offensive coordinator."

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2017 Valentine's Day Sweetstakes

Register at any or all of these participating local businesses listed below any time between now and Wednesday, February 8th and you could be a lucky winner of a Valentine gift from one of these local businesses. 6 Lucky winners in all for: "Gridley's Sweethearts For A Day". That's right, one winner will be chosen from each participating business and will be notified for Valentine's Day to receive a certificate to claim your prize.

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To enter you must visit one or all of the participating businesses to fill out an entry blank. Employees of the Gridley Herald, participating businesses and their immediate families are not eligible to win. No purchase necessary to enter. Must be 18 or older to enter. One winner per business and one gift per person. Non-Transferable. No rain checks. Merchants will reserve the right to alter gifts as necessary.