



THE GRIDLEY HERALD

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FRIDAY • JANUARY 20, 2017 • VOL. 137 NO. 6

LOCAL BRIEFS

Gridley High Band's Noodles & Notes Dinner

Gridley High school Band will hold their Annual Noodles & Notes Dinner on Wednesday, February 8, from 6-8 p.m. in the Gridley Community Center.

Adult tickets are \$10, children are \$5. Tickets can be purchased from band students, the GHS front office, and at the door.

Rabbit Show in Gridley

The Butte County Rabbit Show will be held at the Butte County Fairgrounds Saturday, January 21 at 8 a.m.

Valentines Bake Sale

Biggs Lions Club is holding their annual bake sale and will take orders until February 7. Members will deliver ordered items on February 13 and 14. The cost is \$13 dollars per dozen assorted cupcakes, brownies and cookies which will be decorated and delivered in a decorated package. Two dozen packages for \$23 are also available. To order please call Stephanie Cobb at (530)797-9377. If no answer please leave your name and number.



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Wilson fence set to be installed next week

By David Vantress
Sports/News Reporter

Work on a fence enclosing Wilson Elementary School should begin next week, Gridley Unified School District Superintendent Jordan Reeves told school board members Wednesday night.

The fence had been approved by the board prior to a December 9, 2016 breach in security at the Gridley school, which just prior to the winter break saw a homeless man known to live in the Gridley area come onto the Wilson campus to use the restroom during school hours, a student restroom located outside amongst the portable classrooms.

When the man came into contact with a district staff member, he immediately left the school and school officials notified the Gridley-Biggs Police Department.

All students were in their classrooms when the incident occurred, school officials said at the time.

It was the second reported incident involving an unauthorized person in a Wilson bathroom in two months.

The Gridley-Biggs Police Department also beefed up patrols in the area, school personnel are providing extra supervision during the school day, and instituted a buddy system for students to use the restrooms during the day.

In other business at Wednesday night's meeting, the board heard reports from students at Wilson, Sycamore, and Gridley High Schools, as well as the Gridley FFA, on events going on at the Gridley schools.

Staff members with Butte County Behavioral Health also gave a presentation on programs available at the Gridley schools, including the Friday Night Live program, which provides safe activities for students on Friday nights.



Students from Wilson Elementary school show a computer presentation to the Gridley Unified School District Board of Education Wednesday night. (Photo by David Vantress)



Gridley Unified School District Superintendent Jordan Reeves thanks Kiwanis Secretary Sally Mitchell for the club's support as Kiwanis member Ron Eggers (Far left) and Owen Stiles and Kirsten Storne-Piazza look on. (Photo by David Vantress)

Gridley's Council receives new committee assignments

By Lisa Van De Hey
Publisher/Editor

The first official meeting of the Gridley City Council for 2017 included the assignment of committee representations presented by Mayor Frank Hall.

Committee Assignments include: Sutter Butte Flood Agency represented by Mayor Hall and Councilman Gary Davidson as alternate; Public Works/Traffic Safety, Davidson and Councilman Ray Borges as alternate; Butte County Association of Governments, Borges with Vice Mayor Bruce Johnson as alternate; Butte County Air Quality Borges and Johnson; LAFCo Commission, Hall; N.C.P.A., Davidson with City Administrator Paul Eckert as alternate; Butte County Solid Waste, Johnson; Local Agency Task Force, Johnson; League of Cities, Councilman Chris Williams and Hall as alternate; Butte County Abandoned Vehicle, Eckert; Mosquito Abate-



STORM WREAKS HAVOC ON STREETS - City of Gridley Public Works crews are busy temporarily fixing city streets following weeks of rain. City Engineer Trin Campos spoke Tuesday night at the Council meeting on the condition of Gridley's streets and the need for necessary funds. (Photo by Lisa Van De Hey)

ment, Johnson; Loan Committee Hall and 3CORE CEDS Advisory Board, Johnson and Eckert as alternate.

The meeting began with Gridley Area Chamber of Com-

merce President Lynne Spencer inviting Council members and staff to the Chambers Meet and Greet the following morning and reporting that the Chamber Board would

join Orchard Hospital staff on February 3 for National Heart Month with everyone wearing

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)
“Fire Damage.”

A fire in Biggs caused an estimated \$35,000 in structural damages and \$15,000 in damages to the contents of a beauty shop and residence owned by Mary Weston on Sixth Street in Biggs. The fire broke out around 3:58 p.m. and was noticed by neighbors about 20 minutes later. Firefighters were on scene for many hours, but were able to save about \$30,000 worth of Ms. Weston's property. The cause was believed to have originated from a piece of paper near a wood stove that caught on fire.

50 Years Ago (1967)
“CSC Student board speaks out on tuition issue.”

The Board of Control of the “Associated Students of Chico State College has declared its support of the “Continued tradition of tuition free higher education” and asked for “continued budgetary support to meet the need of rapidly increasing enrollment.” Copies of the resolution to support the economic help from the state were sent to members of the California State Legislature and to the office of Governor Reagan. In an accompanying statement they called upon “the Citizens of California, who demonstrated overwhelmingly in November their support for a state public higher education, to rise again in defense of a system in which they can justly take great pride.” “Not only can the State afford continued full support,” they said that they feel imposition of tuition and a cut in the support budgets “represent a dangerous step away from California's tradition of providing excellent higher education

for all its citizens who qualify.”

75 Years Ago (1942)
“\$39,000 In gas money received by Butte County.”

Monies in the amount of \$15,453,358.00 were paid out to the State of California, for gas money allotments for the counties in this area. Butte County has been apportioned \$39,588.55 in gasoline tax funds for the fourth quarter of 1941, it was announced by Harry B. Riley, State Controller. The apportionment was made on a registration of 21,764 vehicles. The excess balance of \$10, 302, 239 was deposited in the State Highway fund after Plumas and other counties were allotted their portion.

100 Years Ago (1917)
“State Highway”

Meetings were delegated from Gridley, Biggs, Richvale, Oroville and Chico to discuss the placement of the new highway. The following resolution was passed unanimously and it will be present at the meeting with the State Highway commission at Sacramento next week: “We, the representatives of Biggs, Gridley, Richvale, Chico, Nelson and Oroville taxpayers in convention assembled, respectfully request the delegates of this convention to appear before the State Highway Commission to locate the State highway in the most direct and feasible route, and urge said State-Highway Commission to commence the necessary work on the main trunk line and lateral to Oroville,” as soon as possible.

125 Years Ago (1892)
“Animals”

The only arrests made by the police yesterday were two cows and three horses. The horses, the marshal said, were hardly worth giving away. - From the Chico Enterprise “Local Intelligence” column.



SENIOR LIFE SOLUTIONS WELL RECEIVED IN AREA - Orchard Hospital's Senior Life Solutions is a program dedicated to addressing the emotional and behavioral health of adults over the age of 65. Program Director RN Sukh Lehal and Therapist Robin Noall spoke at Gridley Rotary Club last week explaining the new program that has been well received in the area. Noall also offers family therapy helping to resolve conflicts, not necessarily for seniors. She also specializes in coping with anxiety, sleep disorders and helping to feel more calm and relaxed. Call 846-9076 for more information. (Photo by Lisa Van De Hey)

FOCUS donates for trip

Mikey Curry, a senior and student-athlete at Gridley High School, has qualified to play on the Cobra Elite Sevens rugby team along with three All-Americans players from the Sacramento area. In March, the Cobra Elite Sevens Team will travel to Las Vegas to participate in a three-day tournament to compete with the best rugby teams in Canada, the United States, Australia and New Zealand. The Las Vegas Invitational is the largest rugby tournament in North America and will be played alongside the USA Sevens international tournament, which is the premier amateur rugby event in the United States, featuring athletes and match-ups across a wide-range of rugby divisions and age groups. Besides playing in this venue, the girls will have the opportunity to watch the best rugby teams in the world, including the last years Rio-Olympic competitors.

Curry maintains 3.74 GPA, excels in sports and has earned All-League in volleyball, was All-League in Triple-Jump and the 4x400 relay. In wrestling Curry was a three-time state qualifier, placing 8th in California last year. Curry is part of the Gridley Barbarian Rugby Club, coached by Jeff Fox, Rau Ratana, and Jason Soares who helped the team take the Northern California Division 2 Championship.



Focus member Janet Smith presents Mikey Curry and coach, Ray Ratana, a check for \$600.00 to help Mikey with travel expenses to the Las Vegas Invitational, the largest rugby tournament in North America.

Housing Rehabilitation Program offered through City of Gridley

Loans and grants for home improvements in the Gridley city limits are available through the City of Gridley by calling 530-671-0220 extension 128 or 1-888-671-0220, Ext 128.

If your home is in need of repair and you are not sure how to cover the expense, the program, through Regional Housing Authority of Sutter and Nevada Counties helps homeowners who find themselves facing major home repairs, but lack sufficient resources to pay for them.

Eligible improvements include health and safety repairs, energy and water conservation, interior and

exterior repairs, updating to current building code and replacement of worn or damaged items like flooring, windows, cabinets, counters and fixtures.

Most applicants are eligible for deferred loan payments for 30 years with no application fees, no out-of-pocket expenses.

Grants are available for lead based paint remediation as well as temporary relocation expenses.

Applications will not be denied due to poor credit. Funding for the program is limited so call today for your free in-home consultation.

Jim The Barber
(Former owner of Jim's Old Fashioned Barber Shop In Gridley) is now cutting hair at Colby's Barber Shop in Oroville
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Pet of the Week

Hello friend, I'm Shadow. I'm a sweet girl in need of a quiet, loving fur-ever home that will give me the time & space I need to adjust. I have a heart of gold, & a great temperament that will blossom with love from my family. I really come alive when we play fetch & walk together. It might take me a little while to let you in, but I am loyal through & through when I am ready to open up. If you have room in your home & heart to let a girl like me gain some confidence and trust, I will reward you with affection and love. Talk to my friends in the Butte Humane Society Dog Adoption Office to meet me today.

Butte Humane Society

Shadow

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Down Memory Lane: Our Swimming Pools

By Doris Pettersen

A couple of our kids have swimming pools. I mean real swimming pools, dug in the ground, lined with tile, complete with diving boards and underwater lights. The grandchildren enjoy swimming in these deluxe spas. Their swimsuits stay clean. The water temperature is moderate (or even rather warm). The bottoms of the pools are smooth so their feet will not get cut. I like swimming in these pools too, but they are not an adventure. They are civilized. They make for softness of character. In vain I try to persuade the younger generation that they would rather bathe in something different. I even suggest a few alternatives--to no avail.

When I was a child we too had a swimming pool. One I'm sure we enjoyed every bit as much as the modern pools. (The only regular pool I ever remember swimming in was the one at the motel when we were driving to Los Angeles. That was a once a year occasion, not an everyday occurrence.)

Generally, when the weather grew warm, about July, we put on our swimsuits and pulled out the garden hose, as everyone did, and spent an hour or two running through the sprinkler or spraying each other. Sometimes Mom pulled out the galvanized wash tub and filled it with cold water. If we really crowded Bob and I could both get in the tub at once. Arms and legs stuck out over the edge and we looked rather like a giant spider but it helped somewhat in feeling cooler.

However one year we decided that was not enough. We would have a swimming pool. Our dad worked six days a week and was pretty busy on the seventh day with household chores. Mom had the house to take care of and two elderly parents to keep an eye on. So it was up to us. I don't think we even mentioned to our parents what our plan was. The vacant lot next door was available and the soil there was thick, sticky adobe. We knew because it was the source of many experiences in Indian pottery making. All we needed was Dad's shovel, a request which was readily granted. We found a place which was far

enough from the house to be private, yet in reach of the hose, and not too close to the street so passers-by couldn't see us.

First we had to pull out the long grass which grew there until we had an area of cleared ground. Then the digging began. The ground was hard. We took turns, spurred on by the vision of the lovely pool we would soon enjoy. The pile of dirt by the hole grew higher and higher. We would build a sun deck by the side of the pool on which we could lie. The hole got deeper. The soil was hard enough that we could make the sides of the pool more or less vertical. We ran into a few medium-sized rocks so it became evident that the pool would have to be a little more "free form". I imagine that Mom wondered what we were doing for so long, but she called us for lunch and we afterwards went back to digging. After a long time, and as our muscles were beginning to get very tired, the hole was almost as deep as our waists. We decided to test it. As long as the hose continued to run it actually held water. Perhaps we would not make it quite as deep as we had originally hoped. Maybe it was "good enough".

Sweaty and tired, we ran into the house to get our suits. Into the hole we plunged. No space to actually swim, of course, but if we sat down the water reached almost to our chins. It was a big improvement over the wash tub. And oh, the joy of accomplishment!

Mom must have wondered a bit when we went into the house some time later- two children totally covered with mud from top to bottom. But she never said a word. She offered to spray us off before we got into the bathtub. I wonder today if I would have been so patient.

We used that pool for most of the summer and my parents made no objection. By the next year we went on to other pursuits. The hole was eventually filled with peat moss to serve as a starting bed for some of dad's prolific flowers. But I still look back on that time of not caring what anyone thought, and of working hard to accomplish something which we really wanted. And I'm sure that it was nearly as much fun as a "real pool". Well, almost.

ASSIGNMENTS

FROM PAGE 1

red in a group picture. City staff and Council members were invited to join the group.

Spencer reported the Chamber had held their first Farmers Market meeting and is already planning Red Suspenders Day events for May 20 with vendor and parade applications already available.

Mayor Hall complimented Electric and Public Works Director Daryl Dye and his crew for keeping the city safe during recent storms.

Dye approached the podium to report that he is extremely proud of his crews who worked very hard to make sure the lights of Gridley and Biggs stayed on and that the roads were safe during the recent storms.

"This was a testament for the tree trimming that has been done. We didn't lose any lights," he told Council members.

Dye explained a sewer leak going to the treatment plant brought a lot of outside help last Wednesday. Besides the City crews, it took the expert help of Butte County crews, the City of Live Oak, and Fletchers Plumbing to help our crews shut the septic down.

"I am very proud of our crew. They stepped up and they did a great job," he explained.

Mayor Hall agreed by stating that the City has very good employees.

Council completed the second reading of Adoption of Ordinance 824-2016 amending various chapters of Title 16, Subdivision Ordinance of the Gridley Municipal Code.

Police Chief Dean Price requested the City accept and approve a bid from Wittmeier Auto Center for the expenditure of \$4,893 for the purchase of a used 2015 Chevrolet Traverse from the department's COPS grant fund for an undercover Butte Interagency Narcotics Task Force vehicle.

The current BINTF assigned vehicle is a 2008 Ford King Ranch with 133,403 miles on the original engine and requiring many non-routine repairs.

Chief Price explained that Gridley Country Ford had been very helpful in determining the fair market value of the trade-in vehicle but the new vehicle is very specific in need for BINTF and the City shopped around. The trade-in value of the Ford was \$18,000 which was applied to the \$ 21,000 sticker price of the Chevrolet leaving the balance of \$4,893 to be paid out of the COPS grant fund.

Wittmeier submitted the lowest of the three bids.

Trin Campos of Bennett Engineering, Inc., is the City's Engineer effective December 1, 2016 and has gotten to know City staff and will take tours of the treatment plant and water system.

Campos has over 30 years experience with 22 of those at CalTrans in Transportation.

Campos stated part of his job is to go after grant funding and the need for road work on the city streets.

"This storm is going to tear them apart. We need to do something about the roads," he stated.

He also told Council members he is attending meetings at the State level regarding funding opportunities.

Mentioning Cal Trans and the Highway 99 project, Campos reminded Vice Mayor Johnson of the subject.

"You brought up Cal Trans. They have been here. We need to have a study session as soon as possible before they come to us for what direction we want to go.

They keep pushing round abouts. We need to know what the community wants. It takes a long time to deal with CalTrans," Vice Mayor Johnson said.

City Administrator Eckert said that the city has the surveys that were filled out by community members.

"I think they heard our concerns about round abouts. We will get a study session set up and give Cal Trans guidance," he said.

The area of Hollis Lane and Highway 99 potential work was broached with Vice Mayor Johnson mentioning the proposed connection of Sheldon and the east end of Hollis Lane being discussed in the past.

OBITUARY

Stanley William Barrett



Stanley William Barrett, 67, of Gridley, passed away January 13, 2017 at his home.

He was born on February 2, 1949, in Red Bluff, California to parents William and Agnes (Moody) Barrett; he was a lifelong resident of Gridley. Stan graduated from Gridley Union High School in 1967 and became a mechanic and electrician. He loved working on cars and motorcycles; he also loved playing the drums in bands with his friends over the years.

He was preceded

in death by his parents, William and Agnes and his sister Marie (Barrett) Simmons.

He is survived by his daughter, Michelle Frasl Dozier (Cortney), of Yuba City, California; grandchildren, Jimmy Vasquez (Emily), of Orangevale, California, Jennifer Orozco (Charlie), of Sacramento, California, Jonathan Vasquez, of Sacramento, California and Haylee Doizer, of Yuba City, California; great-grandchildren, Ariyonna and Angelo Orozco, of Sacramento, California.

Services will be held on Tuesday, January 24, 2017 at 1:00 p.m. at the Gridley-Block Funeral Chapel, 679 Ohio Street Gridley, California. A Visitation will be held from 5:00 to 8:00 p.m. on Monday, January 23, 2017.

Following the service there will be a private burial for the family.

THE GRIDLEY HERALD

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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.

tion of probation in the 300 block of W. Biggs Gridley Road, according to a GBPD report and was transported to Butte County Jail (BCJ).

Tues 1-17-17

At 10:20 p.m. Byron Eugene Bradley, 44, of Gridley was cited and released for driving on a suspended drivers license at Hwy 99 and Cherry St., according to a GBPD report.

Arrests and Citations

Mon. 1-16-17

At 2:36 p.m. Daniel Dennis Prock, 43, of Gridley, was arrested for public intoxication and viola-

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Luther Elementary School Kindergarten Registration for Fall 2017

Luther Elementary School, 10123 Connecticut Avenue, Live Oak, California will be registering children for Kindergarten for the 2017/2018 School year. Registration will begin on February 6, 2017, from 1pm - 4pm in the Office. Children eligible for Kindergarten must be 5 years of age on or before September 1, 2017. Children eligible for Transitional Kindergarten must turn five years of age between September 2, 2017 and December 2, 2017. You must have the following documents to register your child: - Birth Certificate - Immunization Records - Proof of residency - Social Security Number For further information, please call 530 695-5450.

Thumbs and Roots

By Barbara Ott

I've been making myself go out in the cold and severely cut back my 'Hot Lips' salvia. It is a monster plant. Here in Gridley it would bloom all year long if I let it. In the four years I've had this plant it has quadrupled itself both in width and height. I have removed a lot of major branches and all of the little ones and everything is no more than 12" tall.

I'm looking forward to seeing what it does now that I've bossed it around with pruning. I've also been pruning my dwarf peach and treating it for peach leaf curl. It is a genetic dwarf which I keep at about four feet tall. I do not recommend genetic dwarf trees but it was gifted to me so I take care of it. If it were to die I would happily pull it out and put in a semi-dwarf variety and keep that about five feet by pruning the heck out of it five times a year. Out the window I see that I have three King Alfred daffodils blooming bright yellow on a misty day. A mid winter reminder that spring is on its way.

Debut of Traveling Exhibit of The Sutter Butte Canal

The Butte County Historical Society will host a traveling exhibit displaying the Sutter Butte Canal on February 11, Saturday, 2 p.m. to 4 p.m. at the Butte County Historical Society Museum Corner of Baldwin and Spencer, Oroville. Admission Free.

This exhibit has been professionally developed by a Sacramento area firm as a mitigation measure for the loss of the historic Haselbusch Headgate which will be destroyed in the construction of a new levee near Gridley. From the early 1900's the Headgate regulated flow of water from the Feather River drainage as it poured into the Sutter-Butte Canal. Water from the Canal was key to the development of farming communities down river and to the development of new crops. buttecountyhistoricalsociety.org 533-9418.

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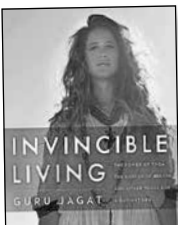
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HEALTH



BOOK PICK
“Invincible Living: The Power of Yoga, The Energy of Breath, and Other Tools for a Radiant Life” by Guru Jagat — From acclaimed yoga teacher Guru Jagat comes a wildly cool, practical, and beautifully illustrated guide to applying the simple and super-effective technology of Kundalini Yoga and Meditation to everyday life, upgrading your “operating system” inside and out. — *HarperElixir*

TIP OF THE WEEK

Heart disease can be hard to detect

Fully 80 percent — 4 out of 5 — of people who have a stroke have no symptoms beforehand. High blood pressure, high cholesterol and coronary artery disease are often silent, partly because the warning signs are not what most people expect. Symptoms are less obvious, such as a headache, shortness of breath or pain in the jaw. Even if you are already taking steps to manage your risk factors, a screening will give you and your doctor a picture of the health of your cardiovascular system.

— *Brandpoint/Life Line Screening*

KIDS' HEALTH

Obesity tied to surgery infection

Overweight and obese children are more likely to develop a wound infection after surgery, according to researchers at the Children's Hospital of Chicago. In their study, researchers focused on 1,380 patients aged 2-18 who developed surgical site infections after major surgery and found that 40 percent of the children were overweight or obese, with overweight children having a 23 percent higher chance for infection and obese children having a 43 percent higher chance.

— *More Content Now*

NEW RESEARCH

Sunbed users get melanoma younger

Using a sunbed can speed up the tanning process, but it could also increase your risk of developing melanoma at a younger age, according to a new study conducted by the University of Oslo in Norway. It found that women who started indoor tanning before age 30 were, on average, 2 years younger at melanoma diagnosis than those who had never used a sunbed. The study also found that women who had 30 or more indoor tanning sessions were at a 32 percent increased risk of melanoma compared to those who had never used a sunbed.

— *More Content Now*

SENIOR HEALTH

Exercise can help arthritis patients

A new study states that those older adults suffering from arthritis can benefit from just 45 minutes of exercise per week. According to researchers at Northwestern University Feinberg School of Medicine, older adults who engaged in just 45 minutes of moderate-intensity activity (brisk walking, etc.) per week were 80 percent more likely to maintain or improve their physical functioning than those who exercised less than 45 minutes per week.

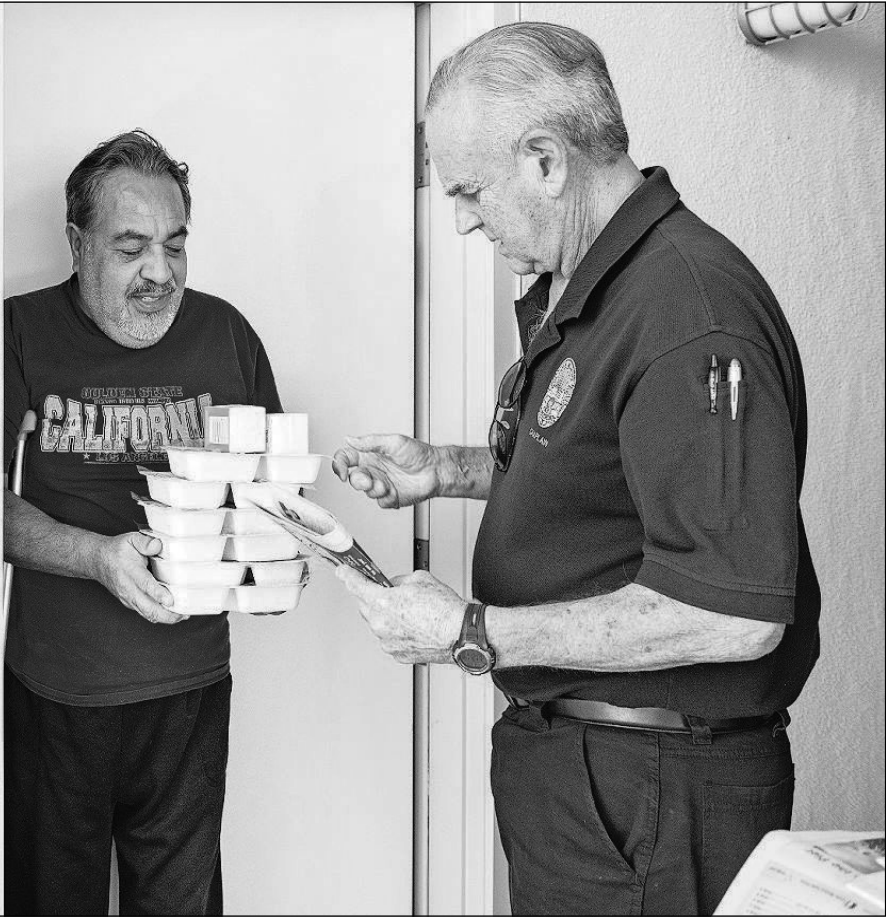
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Wellness check

Meals on Wheels wants to be the ‘eyes and ears’ for hospitals, doctors

Meals on Wheels volunteer Mike Kearin, right, delivers food to client Jesus Barron.

HEIDI DE MARCO/KHN



By Anna Gorman
 Kaiser Health News

Debbie Case held an insulated bag with two packaged meals — a sandwich wrap and fruit for lunch, a burrito and cauliflower for dinner.

“You’re going to eat well today,” Case told 75-year-old Dave Kelly as she handed him the meals. Kelly lost his sight about two years ago and reluctantly gave up cooking.

After putting the food away, Kelly chatted with Case about his experience as a folk musician. As they talked in his living room, Case, CEO of San Diego County, California’s Meals on Wheels program, glanced around for hazards that could cause Kelly to fall.

Kelly said the homemade meals keep him from eating too much frozen food or take-out. But more than that, he said he appreciates someone coming by to check on him every day.

“Anything could happen,” Kelly said, adding that he worries about falling. “I wouldn’t want to lay around and suffer for days.”

Meals on Wheels is undergoing a dramatic overhaul as government and philanthropic funding fails to keep pace with a rapidly growing elderly population. The increased demand has resulted in lengthy waitlists and a need to find other sources of funding. And at the same time, for-profit companies such as Mom’s Meals are creating more competition.

Meals on Wheels, which has served seniors for more than 60 years through a network of independent nonprofits, is trying to formalize the health and safety checks its volunteers already conduct during their daily home visits to seniors. Through an ongoing campaign dubbed “More Than a Meal,”



Volunteers Mike and Kathy Kearin sort through meals before delivering them to residents at an apartment building in Venice, California. HEIDI DE MARCO/KHN

the organization hopes to demonstrate that it can play a critical role in the health care system.

“We know we are keeping people out of the hospital,” Case said. “Seven dollars a day is cheaper than \$1,300 a day.”

Meals on Wheels America and several of the local programs around the country have launched partnerships with insurers, hospitals and health systems. By reporting to providers any physical or mental changes they observe, volunteers can help improve seniors’ health and reduce unnecessary emergency room visits and nursing home placements, said Ellie Hollander, CEO of Meals on Wheels America.

“It’s a small investment for a big payoff,” Hollander said.

Studies conducted by Brown University researchers have shown that meal deliveries can help elderly people stay out of nursing homes, reduce falls and save states money.

Kali Thomas, an assistant professor at Brown University School of Public Health, estimated that if all states

increased the number of older people receiving the meals by 1 percent, they would save more than \$100 million. Research also has shown that the daily meal deliveries helped seniors’ mental health and eased their fears of being institutionalized.

Meals on Wheels can be the “eyes and ears” for health providers, especially in the case of seniors who are ill and don’t have family nearby, said Thomas, who authored several studies of the organization.

Meals on Wheels has “the potential to capitalize on that,” she said. “They realize they are doing something that is unique and needed in our current health care space.”

Visitors from Meals on Wheels are the only people some seniors see all day. The volunteers get to know them and can quickly recognize problems.

“You notice if they are losing weight, if their house is a mess, if they are talking awkwardly,” said Chris Baca, executive director of Meals on Wheels West in Santa Monica, California. “Our wellness check is

critical and almost as important as the food itself.”

The meal delivery and in-home visits also reduce isolation among residents, said Zia Agha, chief medical officer for West Health, which has organizations that provide and study senior services. Agha said that while numerous high-tech gadgets are available to keep an eye on seniors, they can’t replace a volunteer’s human touch.

Meals on Wheels, Brown University and the West Health Institute recently launched a two-year project in six states to formally build health and safety screenings into daily meal deliveries. The goal is to improve seniors’ health and catch problems early.

“The fact that you don’t have resources to feed yourself or you are so frail you can’t cook is a very big marker that you are going to have high health care utilization,” Agha said. “There is value in targeting these clients through this meal delivery service.”

That’s also what Meals on Wheels America is planning to do in a new partnership with Johns Hopkins Bayview Medical Center and Meals on Wheels of Central Maryland. The project aims to keep seniors at home and reduce their need for costly health services after hospitalization. The idea is to have trained volunteers report red flags and ensure, for example, that patients with congestive heart failure are weighing themselves regularly and eating properly.

Dan Hale, who is leading the project from the hospital, said the meal delivery volunteers can help track patients’ health even months after discharge and keep them from returning to the hospital.

“It makes sense financially,” he said.

TODAY'S WORKOUT

Slow bicep curl focuses on proper form

By Marlo Alleva
 More Content Now

Whether getting fit is a new year’s resolution, or part of your daily routine, it never hurts to review basics.

Our move today is a slow biceps curl. All you need for this exercise is a pair of light or medium hand weights. This move will be working your biceps, (the upper, front part of your arm). And the bonus for doing it slowly is to focus on your form, precision, and articulation in

the actual muscle you are working.

To begin this slow bicep curl, grasp your weights in each hand, and stand up tall — shoulders back and down and chest elevated. Keep both arms tucked into your sides, and palms faced forward at your thigh area. If you choose to sit while performing this exercise, extend the arms straight down to either side of the chair.

Once you are in position, proceed to curl the weights in an upward motion by bending in the elbow. You will feel a

contraction and squeeze in the bicep muscle on the way up.

Keeping the arms aligned with the body, you will be shooting for the direction of your shoulder. Remember to keep the elbows in alignment with your core, not letting them extend too far back behind you or out away from your sides. This will keep the isolation in the muscle you are working.

Once you reach your deepest contraction (shoulder area), proceed to reverse the move keeping it slow, and returning to



Marlo Alleva demonstrates a slow bicep curl. SCOTT WHEELER/THE LEDGER

your starting position.

Keep a four count going in your head, up for four and down for four, to not rush this move. Shoot for

at least 10 to 12 curls per set and three to five sets.

You can curl both arms simultaneously, or do one at a time.

You will notice that when you slow this “fairly simple” bicep curl down, you tend to feel it quicker and deeper! Just tweaking small things, and remembering proper form can benefit you in so many other ways.

— *Marlo Alleva, an instructor at Gold’s Gym and an YMCA group fitness coordinator, can be reached at fatuwzpa@msn.com.*

BCSO Deputies recover thousands of dollars in stolen property

Butte County Sheriff's Office (BCSO) deputies and detectives have been actively investigating a burglary at Bamford Parts and Equipment, located at 4288 Highway 70 in Oroville. The burglary occurred January 11, 2017, when more than \$15,000 worth of property was stolen from the business.

On January 16, 2017, BCSO deputies were dispatched to a property on the 6600 block of Pentz Road in Paradise after a vehicle matching the description of the vehicle involved in the burglary was seen in the area. Upon arrival, deputies contacted Jason Fowles, age 40, who is from Sacramento and currently on felony probation for grand theft. Deputies searched the property and located a significant amount of stolen property, including the property taken during the burglary of Bamford Parts and Equipment.

Four truckloads of stolen property, including three stolen firearms, were recovered and are believed to be linked to several burglaries in Butte County and the Sacramento area. Detectives are currently working to determine the owners of all the stolen property, and additional searches will be conducted that are believed to be linked to burglaries involving Fowles. Fowles was arrested on several charges including violation of probation, burglary, being in possession of stolen property and grand theft. He is currently in the Butte County Jail with bail set at \$207,000.

Volunteers needed for the Red Bluff Round-Up

The Red Bluff Round-Up needs you!

The Round-Up is searching for volunteers who would like to be involved in the biggest event in Northern California, who want to make a difference in the community, meet new people, and have fun!

In its 96th year, the Round-Up is one of the largest rodeos in the nation and volunteers are needed to help produce the three-day event. Help is needed with ticket sales, merchandise sales, the fan fair area, autograph sessions, hospitality, first aid booth, livestock, grounds maintenance, and the first aid booth.

Anyone can volunteer, said James Miller, general manager for the Round-Up. "You don't have to be a cattle rancher or a cowboy or cowgirl." Volunteers also don't have to live in Red Bluff; the Round-Up has volunteers from all over, including some from Idaho who spend the week in town.

Interested people can apply online at RedBluffRoundup.com at the "get involved/become a volunteer" link.

The Round-Up is fun for volunteers, as well as its fans. "One thing is, during Round-Up, everybody has a good time."

This year's Round-Up is April 21-23, with Eleven Days of Round-Up activities beginning on April 13. For more information, visit the website or call 530.527.1000.

Burglary investigation leads detectives to more stolen property

A continued investigation into the recent burglary at Bamford Parts and Equipment in Oroville, has led Butte County Sheriff's Office (BCSO) detectives to additional stolen property.

On January 17, 2017, BCSO detectives returned to a residence on Pentz Road in Paradise and recovered another two truckloads of stolen property, in addition to the four truckloads that they previously recovered from the same residence.

Additional information gathered through the investigation also pointed toward two 40 foot long storage units in the Sacramento Area. On the evening of January 17, 2017, BCSO detectives traveled to Sacramento and were able to assist the Sacramento County Sheriff's Office and Roseville Police Department in the recovery of additional stolen property being stored in the storage units. The property recovered in the storage units is believed to be linked to numerous burglaries and thefts in the Sacramento Area involving Jason Fowles. The property recovered from the storage units has been turned over to Sacramento County Sheriff's Office for further investigation.

Fowles remains booked in the Butte County Jail with bail set at \$207,000.



More than 22 million students, nationwide, ride on school buses. According to the National Highway Traffic Safety Administration most children hurt by school buses are injured when boarding or exiting the bus because they are in places that are not visible to the driver. Buses are big and heavy; drivers don't always have the best visibility. Even parents dropping off, or picking up their kids from the bus can be hurt if they put themselves in dangerous places where the driver can't see them. Buses can also block the view of other drivers. CAL FIRE/Gridley Fire Department would like to offer these helpful tips for some safe:

- Stay away from the bus' rear wheels at all times.
- Stay away from traffic.
- When waiting for the school bus, stay back and away from the street until the bus comes to a complete stop, and the door opens.
- Hold the handrail while going up or down the steps.
- Do not stand up in a moving bus.
- Never stick hands, arms, or head out of the window, and never throw things out of the windows or on the bus.
- Keep aisles clear. Book bags should be kept on laps.
- When exiting, always cross the street in front of the bus.
- Do not run into the street; always look both ways before crossing.

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The Family of

MEL MCLAUGHLIN

Would like to thank everyone for their heartfelt condolences, beautiful flowers and cards. Thank you also to D.J. Shackelford, Dan Burleson and Jake Stowe for preparing the tri-tip and chicken, the women of the Moose for organizing the set-up and all our friends who brought delicious food to the reception

Loved ones live on in the words they said, in lives they touched, and in the happiness we feel every time we remember them.

Transit Taking You Where You Need to Go?

Butte County Association of Governments (BCAG) is requesting comments from the public on unmet transit needs. Members of the public are invited to submit comments by **mail, email, phone, fax, internet** or in person or at one of the below meetings. All testimony received is given equal consideration.

Public Workshop Schedule

*** Oroville**
Monday, **February 13, 2017**, 11:30 am – 12:30 pm
~ City of Oroville Council Chambers ~ 1735 Montgomery Street

*** Paradise**
Monday, **February 13, 2017**, 2:00 pm – 3:00 pm
~ Paradise Town Hall ~ 5555 Skyway

*** Chico**
Wednesday, **February 15, 2017**, 1:00 pm – 2:00 pm
~ Butte County Library – Chico Branch ~ 1108 Sherman Avenue

*** Gridley**
Thursday, **February 16, 2017**, 1:00 pm – 2:00 pm
~ City of Gridley Community Room ~ 685 Kentucky Street

*** Butte County**
Thursday, **February 23, 2017**, 9:00 am ~ Public Hearing at BCAG Board Meeting
~City of Chico Council Chambers ~ 411 Main Street

Please note that workshops will not end until all comments have been received

Comments are due by 5:00 p.m. Thursday, February 23, 2017

If you have comments and are unable to attend, please contact BCAG:

Mail: Butte County Association of Governments, 326 Huss Drive, Suite 150, Chico, CA 95928

Email: jpeplow@bcag.org **Phone:** (530) 809-4616

Fax: (530) 891-2979

Si desea comentar las necesidades de B-Line, pero no habla inglés, por favor envíelas por correo o por correo electrónico a BCAG, y se traducirán para su consideración.

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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.

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FICTITIOUS BUSINESS NAME STATEMENT
FILE NO. 2016-0001560
The following persons are doing business as: **VILLA D'ORO**
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Date Filed in Butte County: December 20, 2016
The Registrant commenced to transact business under the above business name on: December 20, 2016
This Business is Conducted by: Limited Liability Company
NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the County Clerk. A new fictitious business statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14400, ET SEQ., Business and Professions Code).
Publish: December 30, 2016 January 6, 13, 20, 2017 (The Gridley Herald)

FICTITIOUS BUSINESS NAME STATEMENT
FILE NO. 2016-0001597
The following person is doing business as: **BEYOND AUDIO VIDEO**
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205 KENTUCKY STREET GRIDLEY, CA 95948
MIGUEL A RUBIO JR., 205 Kentucky Street Gridley, CA 95948
Date Filed in Butte County: December 30, 2016
The Registrant commenced to transact business under the above business name on: December 30, 2016
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 6, 13, 20, 27, 2017 (The Gridley Herald)

FICTITIOUS BUSINESS NAME STATEMENT
FILE NO. 2016-0000545
The following person has abandoned the use of the fictitious business names: **RIVER ONE RV PARK/GOLDEN FEATHER MARKETPLACE**
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Date Filed in Butte County: December 22, 2016
The Registrant commenced to transact business under the above business name on: April 21, 2016
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 6, 13, 20, 27, 2017 (The Gridley Herald)

PUBLIC NOTICE CONCERNING MOSQUITO CONTROL

The Butte County Mosquito and Vector Control District (District) hereby gives notice that it intends to continue to control immature (larvae/pupae) and adult mosquitoes throughout the District as necessary to protect the public's health. Applications of public health pesticides may be applied between January 1 and December 31 of each year. The need to apply public health pesticide is determined by surveillance. Actual use varies annually depending on the mosquito and vector-borne disease activity. The District's Integrated Vector Management (IVM) Program includes the use of physical control to remove the breeding source (if applicable), work with property owners/land managers with best management practices to reduce mosquito breeding sites, public education and outreach, biological control, as well as, aircraft and ground applications of public health pesticides as authorized by the California Health and Safety Code sections governing Mosquito and Vector Control Districts.

The District may apply Cal EPA registered public health pesticides for the control of immature mosquitoes to any site that holds water for more than 96 hours or where larvae are present and may apply adulticides to any location where adult mosquito populations meet treatment thresholds or when vector-borne disease is active. A list of public health pesticides used by the District are posted on the District's website at www.BCMVCD.com.

District personnel will on occasion enter onto private



HIT WITH AN-OTHER STORM
- Trees have taken a real hit in recent storms. This tree on Idaho Street lost a large limb Wednesday during the high winds that blew throughout the night.



SEWER LEAK IN THE CITY - City of Gridley Public Works employees were joined by the City of Live Oak, Butte County and Fletchers Plumbing in working on a sewer leak at the old cannery property at the south end of Kentucky Street. s



GRIDLEY AREA CHAMBER OF COMMERCE MEET AND GREET - A morning Meet and Greet was held Wednesday at the Gridley Area Chamber of Commerce Office with those attending enjoying coffee, donuts and muffins while networking with others. The Chamber plans to hold a similar event each month. (Photo by Lisa Van De Hey)

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SPORTS

Biggs boys hold on for win over Portola

By David Vantress
Sports/News Reporter

It was a long day of basketball at Biggs on Tuesday.

Portola was in town for a Mountain Valley League game, and since the two schools are a pretty long distance from each other ... more than 120 miles, to be exact ... a quadrupleheader was scheduled, with both boys and girls JV and varsity squads playing on the same day.

The Biggs boys were victorious in the final game of the day, besting Portola, 61-58.

It was the MVL opener for the Wolverines, who improved to 5-11 (1-0).

The Wolverines, who got off to a bit of a slow start due to missing some key players from the football team that made it all the way to the CIF state playoffs, are starting to come together, according to coach Greg Kitchen.

"With the league season just starting, it's a good time for us," Kitchen said.

The Wolverines were

in control of this one most of the way. They led by as many as 10 points in the second half before having to hold off a late Portola run.

Daniel Velazquez led the Wolverines with 19 points. Andrew Melendez added 17 and Tyler Cole chipped in with 12.

"It's always good to have three players in double figures," Kitchen said.

Biggs travels to Quincy, another faraway MVL school, for another quadrupleheader on Friday.

The Biggs girls fell to Portola in their game, 50-40. The Wolverines fell to 9-7 (0-1).

The Biggs J.V. boys were a 37-26 winner in their contest.



Biggs' Andrew Melendez looks to pass against Portola Tuesday night at Biggs. (Photo by David Vantress)



Biggs' Daniel Velazquez looks to drive against a Portola defender Tuesday night at Biggs. (Photo by David Vantress)

Little League registration

Dates for Gridley's Little League are as follows: Saturdays January 21 and 28 from 9 a.m., to noon and Monday, January 23 and Thursday, January 26 from 6 to 9 p.m.

Visit the Gridley Lions Club Den at 186 Washington Street in Vierra Park or for more information: <http://www.eteamz.com/GridleyLittleLeague/news/index.cfm>

Paradise mans pleads guilty to child porn charges

A Paradise youth ballet volunteer Wednesday pled guilty to three counts of possessing and distributing child pornography. Michael Barnhill, 65, of Paradise, was in Butte County Superior Court this morning for a preliminary hearing on his charges when he entered the plea. His previously posted bail of \$45,000 was revoked and he was remanded into custody.

In October of last year, the Butte County Sheriff's Office, acting on a tip from an internet provider, executed a search warrant on the Barnhill's residence and seized his computers. Sheriff's child abuse investigators found over

3,800 images of child pornography on Barnhill's computers. The images depicted children as young as three years old being sexually abused by adult men. The images also contained children being subjected to "sado-masochism" by adults.

The evidence contained on Barnhill's computers also showed him engaged in exchanges and swaps with other adults over the internet. He admitted to investigators he used Yahoo messenger and Skype to exchange child pornography with other people. The forensic evidence on the defendant's computer showed this activity had been going on since

2008, but other evidence showed the conduct has been going on much longer.

During the entire time the defendant had been engaging in these crimes, he had been volunteering as the stage and lighting crew manager with the Northern California Ballet where children as young as six years old perform. No evidence was found that any of the children involved in the local ballet company were involved in any of the images found on Barnhill's computers.

Barnhill will be sentenced on February 15, 2017. He faces 6 years 8 months in State Prison and mandatory registration as a sex offender.

Durham burglary stopped in progress

Leads to three arrests

On the afternoon of 1-18-17, Butte County Sheriff's Office (BCSO) Deputies were dispatched to the 9600 block of the Midway in Durham in regards to a burglary in progress. The home owner had returned to his property and located three subjects in a vehicle attempting to leave the residence. The property owner blocked the driveway with his vehicle, detaining the suspects until deputies arrived. Deputies arrived on scene and found that entry had been forced into two buildings and three Conex type storage containers. Numerous items had been taken from the residence. Several of the items were recovered from the suspect's car and returned to the victims.

Jedediah Zackary Tyler Asbury (age 30, from Chico), Leroy Sterling Dillhyon III, (age 30, from Oroville) and Angelia Marie McAlpin (age 40, from Chico) were arrested for Burglary, Possession of Stolen Property, Identity Theft and Conspiracy. Additionally, Angelia McAlpin had three open arrest warrants for Burglary, Vehicle Theft and Failing to Complete a Work Release Program. All three suspects were booked at the Butte County Jail. McAlpin's bail is set at \$58,000, Asbury's bail is set at \$57,000 and Dillhyon's bail is \$57,000.

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