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# THE GRIDLEY HERALD

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FRIDAY • JANUARY 13, 2017 • VOL. 137 NO. 4

## LOCAL BRIEFS

### Chamber Coffee Hour planned

The Gridley Area Chamber of Commerce will hold a special meet and greet coffee hour Wednesday, January 18, 2017 from 7:30 to 8:30 a.m., with refreshments.

This event is not only for businesses, but representatives of churches and service organizations also.

Come to the Chamber office in the Hazel Hotel, 890 Hazel Street and hear what is happening in our town, make new friends.

Bring your business card to enter into a drawing.

### Spaghetti Dinner planned by VFW

A Spaghetti Dinner will be held at Veterans Memorial Hall January 21, 2017 from 5 to 8 p.m.

Tickets are just \$10 for adults, \$6 for children five to 12 years of age and five and under free.

## Taking Carrier Applications



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## Lambert looks ahead to new term

By David Vantress  
Sports/News Reporter

Butte County District 4 Supervisor Steve Lambert is ready to get back to work on the issues facing the county over the next four years.

Lambert was re-elected to a third term last June. He was officially sworn in for the new term Tuesday morning.

Lambert said he was gratified to receive the support of the voters in District 4 for a third term.

He expects one of the most pressing issues to come up over the next four years to continue to be how to deal with marijuana.

That will be made even more complicated by the statewide vote last November to legalize recreational marijuana use, Lambert said.

“We’re going to be spending a lot of time talking about how to deal with it,” Lambert said.

Another more local pressing issue is the installation of a traffic signal at East Gridley/Larkin Road.

A \$28,500 contract was



LAMBERT  
PAGE 5

Butte County District 4 Supervisor Steve Lambert offers a few thoughts after being sworn in for a third term Tuesday morning in Oroville. (Photo by David Vantress)

## Self-Check at Gridley Library

it is now even easier to check books out at the Gridley Branch of the Butte County Library.

In order to better serve the growing library community, the library has transitioned to radio frequency Identification (RFID) technology.

This automated system increases the library’s efficiency and enhances customer service.

The newly automated self-check makes it possible for library staff to spend more time with customers and less time on repetitive materials handling.

Library staff spent several weeks tagging all items with the RFID tags in preparation for the self-check station which is also now available in Chico, Oroville and Paradise.

Gridley’s Library is open Tuesday and Wednesday from noon to 6 p.m.; Thursday and Friday 10 a.m. - to 5 p.m., Saturday 10 a.m., to 4 p.m., and Sunday from 1 to 5 p.m.



SELF CHECK AT GRIDLEY’S LIBRARY - Branch Librarian Cynthia Pustejovsky is ready to demonstrate the new self check system at the Gridley branch of the Butte County Library. (Photo by Lisa Van De Hey)

## Safe Routes To Schools in Biggs continues

By Lisa Van De Hey  
Publisher/Editor

The City of Biggs was awarded an ATP Cycle 2 Safe Routes to School funding grant in the amount of \$809,000 for a sidewalk improvement project along B Street from 1st Street to 11th Street and along 2nd Street from E Street to just north of I Street.

Council members approved Task Order No. 2 Tuesday evening during their regular meeting for Bennett Engineering to provide the engineering support services necessary to complete the preliminary engineering and final design for the project.

The estimated cost for Task Order No. 2 is \$120,000.

Cycle 1 of the project on Second Street south, Aleut and Bannock in the amount of \$860,000 has been completed with final payment processed to the contractor.

Cycle 3 for sidewalk and bike route gap closures on 2nd Street from E Street to north of F Street and along E Street from 2nd to 9th including improvements at the railroad crossing in the amount of \$160,000 is programmed for project preliminary design and environmental review.

Council members were asked to consider social media as an additional tool to use to inform citizens of local events, emergencies and information with the following recommendations to the City Police “Employee and Council Internet, Email and Social Media Usage Policy”:

Employees should not access or post to personal social media sites during work hours (unless authorized for City business), nor play games during work hours, and, Employees should not access or post to personal social media sites during work hours.

This can have the appearance to the public that employees are not actually working during the work day and can interfere with work performance. Exceptions are limited to the posting of City of Biggs public service information solely in the places, manner and information authorized by the City Administrator.

## Chamber asks for dates of events

The amount of different events, fund raisers and general things to attend seem to grow each year and the Gridley Area Chamber of Commerce is once again asking that schools, service organizations and churches please call 846-3142 or email info@gridleyareachamber.org to be added to their calendar.

This is a great way to check ahead of time when considering dates and making sure there are not conflicts that would potentially hurt all events happening at the same time.

Last October there were three other events the night of the Quota Silent Auction and Tasting Event and already, on May 6 there are three events that the newspaper is aware of all competing against each other in the daytime. All of these events are for children and would benefit if they weren’t competing against one another.

If a group has a list of events for the year this would be helpful if emailed to the Chamber.



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)  
“Armed Robbery”

Under new ownership for less than a month, Buchanan Market (Formerly Kings) was “welcomed” to Gridley with an armed robbery. The subject reportedly entered the market at 7:14 p.m. with a pistol, wearing a black ski mask, a black and royal blue shirt and gloves. He demanded money from the cashier and upon receiving the money, fled the scene.

50 Years Ago (1967)  
“Operation Face Lift is Biggs Beautification Plan.”

“Operation Face lift” got the ball rolling in Biggs Monday night by adopting plans for city beautification and electing officers for the beautification committee. Mr. and Mrs. Arthur Osborn, owners of Bonnel Avenue Gardens, showed the committee sketches and plans for the downtown area of Biggs and explained the scope of their abilities. The plan adopted by the committee was the largest of the plans submitted by the Osborns, at a cost of \$990 with their fee of \$150. The plans show plantings to be bone at Memorial Hall and Arizona streets. From third to seventh streets there would be no plantings and the second street intersection would be the main focal point as that is the main intersection in the business area. the Committee has set a goal of \$2500.00 for planters and any other extra costs that may occur.

75 Years Ago (1942)  
“Letter Advises Parents on Air Raid Behavior.”

Attached to letters being sent to all parents of Gridley schools this week giving details of air raid precautions to be taken, is the direct message from the U.S. Office of Civilian Defense Stressing the manner in which parents should behave in time of emergency. the letter is being relayed to parents by Ralph Guilford, principal of Gridley High school. Parents are told to take care of themselves first, that trying to get to the schools would endanger themselves and others, and to keep the phone lines clear for use by emergency responders.

100 Years Ago (1917)  
“State road soon to be connecting Chico to the Capital.”

County Surveyor M.C. Polk, received information of the intention of the highway commission to immediately complete the link of the state highway between Gridley and Nelson. This is the only stretch of road between Chico and Sacramento uncompleted. There is still doubt as to the placement of the road, as the route paralleling the Southern Pacific tracks is thought to be open to objections on account of the condition of the soil being too soft. The alternative of using the highway north from Gridley to the Shippee ranch has been considered.

125 Years Ago (1892)  
“New Bridge”

A new iron bridge is to be erected across the river at Sacramento by the railroad company.

BB gun vandals enter no contest plea for September 2016 crime spree

Two 19-year-old Oroville residents entered no contest pleas to felony vandalism in Butte County Superior Court Wednesday for a crime spree last September which caused over \$16,000 worth of damage to Oroville businesses and vehicles.

District Attorney Mike Ramsey said Jacob Gabel and Xena Kimbrell, along with a juvenile accomplice, drove through the streets of Oroville shooting windows out of vehicles and businesses as well as slashing tires. These events occurred between September 14, 2016 and September 16, 2016. The vandals were ultimately apprehended by Oroville Police officers while driving their vehicle which had been identified in numerous of the incidents as being involved. Inside the vehicle were three BB guns, knives and thousands of rounds of BB pellets.

Ramsey said the adult pair said they were criminology students at Butte College who said they committed the vandalism “for fun.” They were released on their own recognizance over the District Attorney’s objection shortly after their arrest by a Superior Court judge. The 17-year-old juvenile accomplice last month also admitted his guilt in juvenile court and is due to be sentenced there later this month.

Ramsey said some 61 victims have thus far been



Jacob Gabel



Xena Kimbrell

identified as having property damaged by these individuals during this three-day period. Restitution for the victims will be ordered at the time of the adults’ sentencing, which is currently scheduled to occur on March 8, 2017. Ramsey noted there may be additional victims who have not as of yet turned in information relating to the damage. He encouraged any of those victims to contact the Victim Assistance Bureau of the District Attorney’s Office to put in a claim.



**OROVILLE DAM A CONCERN** - The amount of water at Oroville Dam continues to be a concern on Thursday as the rains continued. At presstime on Thursday afternoon, the level was listed at 844.75 feet with 24.24 inches of rain since December 14, 2016. As of Wednesday morning, Lake Oroville was at 77 percent total capacity. (Photos taken Monday by Jon Crawford)

Thumbs and Roots

By Barbara Ott

The leaf saga continues. I have a lawn full of leaves, again. With all the wind most of the leaves have been ripped off of the branches of my well beloved shade tree in the front yard. Not all of the leaves but most.

It is a good thing I love this tree and since my house is west facing it is a summer life saver or I would be welding a chainsaw. I am again filling up a yard waste container with leaves I raked up. My neighbor asked why I was raking and not using a blower. I am old school in this area. I have an electric blower that my husband uses, I do not use it, ever. I think I can rake faster than the blower can blow. One day I’ll try an experiment to prove this theory. Not only can I rake faster, there is no noise. I like the meditation of raking even when I’m thinking, “I have to do this AGAIN?” I also like to convince myself I am getting exercise while I rake, I am, but not nearly as much as I like to think.





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Chance

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

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# OBITUARIES

## Linda Nell Frizell



A Memorial Service will be held on Wednesday, January 18, 2017, at 2:00 p.m. at the Gridley Biggs Cemetery for Linda Nell Frizell, 73, formerly of Gridley.

Linda passed away on January 1, 2017, in Visalia, California. She was born on June 11, 1943 in Artesia, New Mexico. Linda was a former long-time resident of Gridley, having worked as an in home healthcare giver for

many years. She enjoyed gardening, crocheting and playing Bingo. She was preceded in death by her parents, Bruce and Carla Quain, and one brother, Connell Quain. She is survived by two sons, Mike Harris, of Gridley, California, Truman Harris, of Visalia, California; two daughters, Brenda Medina (Robert), of Gridley, California, Melinda McCormack (Kevin), of Visalia, California; one sister, Thelda Kellett, of Gridley, California; six grandchildren; seven great-grandchildren and one nephew. Pastor Dwight Deaton of Christian Life Assembly of God Church of Gridley, California will officiate the service. Inurnment will be in the Gridley Biggs Cemetery.

## Mel McLaughlin



A Celebration of Life will be held Saturday, January 14, 2017 at 11:00 a.m. at the McLaughlin Gymnasium at Biggs High School, for Mel McLaughlin, 85, of Biggs, California.

Mel passed away Monday, January 9, 2017, in Chico, California. He was born April 3, 1931, in Torrington, Wyoming. Mel was one of five children born to Harry and Esther McLaughlin. Mel was a longtime resident of Biggs having taught school for 43 years, he enjoyed golfing and was very active in community events. He was a member of the Biggs Lions Club,

Biggs United Methodist Church, and S.I.R.S. (Sons In Retirement) in Chico. Mel was a veteran of the United States Navy. He was preceded in death by three brothers and one sister. He is survived by his loving wife of 61 years, Ann McLaughlin, of Biggs, California; his children, Jeanine Norton (Tom), of Sutter, California, Russ McLaughlin, of Shoreline, Washington; three grandchildren: Bryan Norton, of Tokyo, Japan, Rachel Norton, of Sacramento, California, and Jason McLaughlin, of Biggs, California. Pastor Darla Hadrick of the Biggs United Methodist Church will officiate the service. Inurnment will be in the Gridley Biggs Cemetery. Arrangements entrusted to Gridley Block-Funeral Chapel. Family suggests contributions be made to the Biggs Booster Club or Biggs United Methodist Church in Memory of Mel.

## PG&E to fly low in Butte County to check for drought-stricken trees

Pacific Gas and Electric Company (PG&E) were scheduled to fly low by helicopter over portions of Butte, Plumas and Lassen counties on Thursday and Friday to check for drought-stricken trees near power lines. In Butte County, the Thursday flights occurred over the areas of Forbestown, Robinson Mills and Feather Falls. In Plumas County, Friday's flights will occur along the north side of Lake Almanor and the Lake Almanor Peninsula. Flights will also occur over the western Lassen County communities of Clear Creek and Westwood. Residents are advised that the helicopter will fly low – about 200 to 300 feet – along distribution power lines. PG&E is using a contract helicopter service to fly foresters to check for trees weakened by the drought. This patrol is in addition to the annual patrols PG&E conducts along power lines to identify trees and vegetation in need of pruning and removal. Weakened trees and branches can fall into power lines, leading to outages and even wild land fires. The drought has weakened and killed many trees and left others susceptible to disease or insects. After the flights, foresters will hike to the trees in question for a closer inspection to verify tree conditions. Once a forester confirms a tree needs to be removed, PG&E will work with the property owner to schedule a contractor to cut the tree. Consecutive years of drought have taken a toll on trees and even some trees deemed healthy six months ago have since succumbed to the dry conditions. The U.S. Forest Service recently identified an exponentially growing rate of tree mortality in Cali-

## State Water Resources Board Member as Speaker for 15th Annual Colusa Farm Show Breakfast

Dorene “Dee Dee” D’Adamo will provide the keynote address at the 15th annual Colusa Farm Show Rabobank Breakfast. The breakfast will take place on Wednesday, Feb. 8, 2017 in Saint Bernadette’s Hall, 745 Ware St., in Colusa, California, beginning at 7 a.m. D’Adamo was appointed to the State Water Resources Control Board in 2013. She previously served on the California Air Resources Control Board under governors Jerry Brown, Arnold Schwarzenegger and Gray Davis, and she was a senior policy advisor for both congressmen Jim Costa and Dennis Cardoza. D’Adamo earned a Juris Doctor from the University of the Pacific, McGeorge School of Law. D’Adamo lives in Turlock and is married to a farmer. Breakfast committee chairman Les Heringer said the committee is pleased to have D’Adamo as the guest speaker. “In her role as a director on the State Water Resources Control Board, she is very involved in the Sustainable Groundwater Management Plan and minimum flow requirements for fish now being discussed on the San Joaquin River and Sacramento River systems,” Heringer said. “These are issues that are relevant and timely for our audience.” Vernon Crowder, senior vice president and agricultural economist for Rabobank’s Food & Agribusiness Research and Advisory (FAR) group, will provide his annual economic report. Crowder and his team analyze and conduct market research on California agribusiness as well as the North American fresh fruit and produce sectors. Crowder is a graduate of the California Agricultural Leadership Program. Hosted by alumni of the CSU, Chico College of Agriculture, California Agricultural Leadership Foundation, and Alpha Gamma Rho, the event has raised more than \$300,000 for scholarships and leadership programs in its 15-year history. Sponsorships are still available, and tickets can be purchased in advance for \$40 by contacting the College of Agriculture Office at 530-898-5844. The ticket price will rise to \$50 at the door. All proceeds go to the CSU, Chico College of Agriculture and the California Agricultural Leadership Foundation. For more information, please contact Sarah DeForest at 530-898-3737 or [sdeforest@csuchico.edu](mailto:sdeforest@csuchico.edu).

## Down Memory Lane: History in the Present

by Memory Lane Group

At one point in my life you couldn’t have choked, beat, or bribed me into studying or being remotely interested in history. History was to me, history. Why should I care what happened in the 1600’s or even during the first or second World War? It didn’t concern me, and trying to remember all those dates just hurt my head. Yet as I got older I came to realize that I was becoming history myself. I remember seeing the garage that was the beginning place for Hewitt-Packard in some online notice and realize I had past that location at least a dozen times. Little did I know what was going on in there. When I worked for Buffalo Refrigeration, out of Mt. View, Ca. I can still see the rows of people working at these little stations that I later learned were P.C.s. A personal computer? Computers were the size of V.W. s, right? I was there to service their AC units and didn’t understand what was going on. I would not own my PC for thirty years. It was quite a while later that as I traveled around our country, I would wonder what that building was for, or why was that monument there. Curiosity can kill the cat or educate it. I became more curious. I discovered the best place to find out about this or that was at the local museum or the local library. Whenever I blew into a new town I would seek these places out and enrich my knowledge of the resident history. I began to write these facts down so as to remember and enjoy them later. What? Me writing about history! So, it would seem. It wasn’t long before I needed to write down my own history, but where to share it? I was at my local library when I saw a notice for a local writing group. “Only a dork would be interested in something like that,” I thought, so of course I attend a meeting. What a variety of stories. Somethings that I had forgotten and facts I never knew. There was Helen that related her experiences in war torn England, and Bill who flew a bomber at the same time. Doris’ recounting of a vanishing landscape that some will never know and humorous stories of owls in the cupboards, and Robin’s versions of the Bible that even I can understand. Rosemary once wrote about the blooming of a desert and Arlene told of an Arkansas winter and biscuits and gravy.

Is it important to remember that the Civil War

fornia. In 2014, 11 million dead trees were identified throughout the state. That number grew to 40 million in 2015 and 102 million in 2016. While tree mortality is more serious in 10 counties in the southern and central Sierra Nevada region, the Forest Service also identified increasing mortality in the northern part of the state. Weather permitting, flights will occur between 8 a.m. and 4 p.m.

# 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*  
Sun. 1-8-17

►At 10:19 p.m. Bryan Sandusky, 41, of Chico, was cited and released for driving without a valid drivers license and Alex Yocum, 31, of Chico was cited and released for possession of drug paraphernalia at W. Biggs Gridley Road and Justeson Road, according to a GBPD report.

Mon. 1-9-17

►At 4:13 p.m. Megan Kimberly Crislip, 29, of Biggs, was arrested, cited and released on a local misdemeanor warrant at

Sixth and Aleut streets, according to a GBPD report.

►At 1:49 a.m. Gayl Lawrence Lee, 33, of Grass Valley, was arrested on two outside warrants, possession of methamphetamine and possession of drug paraphernalia. Danielle Alisha Deamaral, 33, of San Jose, was arrested on two felony bench warrants out of Santa Clara and violation of probation and resisting arrest in the 10 block of E. Gridley Road, according to a GBPD report.

Tues 1-10-17

►At 10:49 p.m. Daniel David Ruelas, 23, of Red Bluff, was cited and released for driving without a valid drivers license at Hwy 99 and Magnolia St, 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.



happened in the 1860’s and not the 1960’s? Maybe not but local history can be fun. The “Down Memory Lane” writing group reflects on this history and more. I still remember Floyd’s story about a patch of land somewhere around Biggs that had more critters in it that any zoo and Nada’s story regarding family ties. I’ve never heard one I didn’t enjoy and would like to encourage anyone interested to attend a meeting on the first Tuesday or the third Tuesday of the month at 1:00 pm at the local library. Check it out, you might like it.

## Property tax relief offered

Property tax relief may be available to those taxpayers whose properties have been damaged in the recent storms. The Revenue and Taxation Code provides that if a calamity such as a fire, flooding, earthquake or wind damages or destroys taxable property and the county has passed an ordinance that allows property tax relief to owners of damaged or destroyed property, the property owner may be eligible for property tax relief. The property will be reappraised to reflect its damaged condition and the taxes will be refunded. When the property is rebuilt, provided it is rebuilt in a like or similar manner, the values return to the pre-damaged state as if no calamity had occurred. This property tax relief is available to owners of real property, business equipment and fixtures, orchards and agricultural groves, boats, aircraft and certain mobile homes, but not property that is not assessed on the property tax rolls. If you believe you may qualify for calamity relief due to storm damage or any other type of calamity relief, contact the Butte County Assessor’s Office at 538-7721 between 9 am and 5 pm or by email [assessorsoffice@buttecounty.net](mailto:assessorsoffice@buttecounty.net). Calamity claims must be filed within one year of the date of the damage.

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# HEALTH



## BOOK PICK

**“Rest: Why You Get More Done When You Work Less” by Alex Soojung-Kim Pang** — Drawing on rigorous scientific evidence and revelatory historical examples, “Rest” overturns everything our culture has taught us about work and shows that only by resting better can we start living better. — *Basic Books*

## TIP OF THE WEEK



## Must-have supplies for a first-aid kit

A properly stocked first-aid kit can ensure fast and appropriate treatment for minor injuries. It is important to have a first-aid kit for your home, car and a suitcase with which you regularly travel so you’re prepared no matter when or where an injury occurs. According to the Mayo Clinic, a basic first-aid kit should include a mix of medical supplies:

- bandages, cold packs and antiseptics
- medications — such as pain relievers, cold medicines and antihistamines
- emergency items — such as medical consent/history forms, a flashlight and batteries.

— *Brandpoint/Betadine*

## KIDS’ HEALTH

## Develop toddlers’ hand strength

Toddlers between the ages of 1 and 2 begin strengthening the muscles in their hands and finding new ways to use them. According to the American Academy of Pediatrics, parents can help their toddlers strengthen their hands by playing with toys that involve putting square pegs into square holes; stacking a tower of five-to-six blocks; dissembling toys and putting them back together; and using clay to create different shapes.

— *More Content Now*

## SENIOR HEALTH

## Heart rate recovery linked to mortality

Studying the change in an elderly adult’s heart when they stand up could reveal their risk of death in the next several years, according to researchers at Trinity College Dublin in Ireland. Researchers found that the speed of the heart rate recovery in the 20 seconds after standing predicted an older adult’s risk of dying within the next four years.

— *More Content Now*

## NEW RESEARCH

## Labeling false on hookah products

A new study has found that the labeling of nicotine levels on hookah (waterpipe) tobacco products are misleading. The study was conducted by the Roswell Park Cancer Institute and scientists at the University of Buffalo and found that nicotine levels in washed products were 236 percent higher than the product label, levels in unwashed products were 71 percent lower than what was indicated, while herbal products were found to have levels consistent with the labeling.

— *More Content Now*



# Immunity BOOST

**Although vaccination rates for children — the other vulnerable population — have steadily risen above 90 percent, the rate for older adults have remained stubbornly flat at 65 percent, according to Kaiser Health News. The federal government’s goal is 90 percent by 2020.**

AP FILE PHOTO/FRANK AUGSTEIN

## Experts say flu, pneumonia vaccines essential to fight illnesses

**By Encarnacion Pyle**  
More Content Now

If you are a senior and haven’t gotten your flu and pneumonia shots yet, it’s crucial to get vaccinated right away, experts say.

“Older adults are more fragile individuals” and have weaker immune systems that don’t fight off infections as easily, said Dr. Mysheika Roberts, Columbus Public Health’s assistant commissioner and medical director.

The flu might not seem like a big deal, but not doing anything to prevent it can be a serious mistake, federal health officials say. The flu is responsible for about 226,000 hospitalizations each year and between 3,000 and 49,000 deaths, depending on how severe the strain is every year. Nearly 90 percent of those who die are people 65 and older, according to the Centers for Disease Control and Prevention (CDC).

To make matters worse, symptoms in seniors can be more severe and last longer than in younger adults. They also might not be as pronounced at the onset, making an early diagnosis difficult, potentially leading to a more dangerous illness.

The flu, for example, can easily become pneumonia in seniors.

In fact, one-third of all pneumonia cases are caused by respiratory viruses such as influenza, said Dr. Christina Liscynsky, an infectious-disease expert at Ohio State University’s Wexner Medical Center. Other causes include bacteria and, less commonly, fungi or parasites.

Patients with pneumonia often

The flu is responsible for about

**226,000**

hospitalizations each year

Between

**3,000 and 49,000 deaths,**

depending on how severe the strain is every year.

Nearly

**90 percent**

of those who die are people 65 and older, according to the Centers for Disease Control and Prevention (CDC).

struggle to breathe, as air sacs in the lungs — called alveoli — fill with fluids and pus. They also might feel fatigued, suffer coughing fits and experience aches and chills.

Smokers and people with chronic illness such as diabetes, lung cancer and chronic obstructive pulmonary disease are particularly at risk, Liscynsky said.

Each year, pneumonia hospitalizes about 1 million people nationwide and kills 50,000, according to the CDC.

Most people get infected through every day social interaction. “In my mind, the highest risk for seniors is grandchildren because of their runny noses,” she said.

Others contract it in health-care facilities.

Experts agree that vaccinations are the best prevention.

Although vaccination rates for children — the other vulnerable population — have steadily risen above 90 percent, the rate for older adults have remained stubbornly flat at 65 percent, according to Kaiser Health News. The federal government’s goal is 90

percent by 2020.

“Progress has been barely visible,” Dr. Bruce Gellin, the nation’s top vaccine official, said at a 2015 briefing in Washington to highlight the problem.

The disparity is even more prominent among older African Americans and Latinos, groups that also are more likely to have pre-existing conditions such as asthma and heart disease that put them at greater risk of severe illness or death from flu or pneumonia, according to the American Lung Association.

For best coverage, seniors should get:

- an annual flu shot;
- the two pneumonia vaccines — the Prevnar 13 and Pneumovax 23 vaccines — which prevent bacterial infections in the blood, meningitis and pneumonia;
- and the Tdap vaccine that protects against tetanus, diphtheria and whooping cough.

Though some might be tempted to get only one of the pneumonia vaccines, the Centers for Disease Control and Prevention recommends that older adults get both because the two work in different ways to offer broader protection. Individuals who have never gotten a pneumonia vaccine should get a dose of the Prevnar 13 first, and then, 12 months later, a dose of Pneumovax 23.

Those 60 and older should also get a vaccination to lower their chances of getting shingles, which can cause rashes all over the face and body and stinging pain that can last for months and sometimes years, Roberts said. A tetanus booster every 10 years is a good idea, too.

So is practicing good health habits such as covering coughs, hand washing, cleaning household surfaces that are touched frequently such as countertops and door knobs, and avoiding people who are sick, Liscynsky said. Sticking to a nutritious diet and getting plenty of exercise also helps prevent illness.

“The goal is to stay health and active so you can enjoy life,” she said.

— [epyle@dispatch.com](mailto:epyle@dispatch.com)

# After-hours ER care may come with a surcharge

**By Michelle Andrews**  
Kaiser Health News

If an emergency department is open 24 hours a day, why would patients be charged extra for coming in “after hours”?

Good question, say experts who help patients decipher and dispute their medical bills. “After-hours surcharges,” as they’re sometimes called, should be included in the regular fees charged by emergency physicians for an emergency department visit, they argue. But instead patients sometimes find an additional charge, generally between \$30 and \$200, tacked onto their bill for visiting overnight.

Although not commonplace, the use of such

surcharges may be on the rise. “We’ve definitely been seeing these surcharges a lot more this year than in the past,” said Candice Butcher, vice president of Medical Billing Advocates of America in Roanoke, Va., which provides medical billing resolution services to individuals and companies.

She pointed to a recent example last September in which an uninsured man visited a hospital overnight in Texas to have an abscess on his finger drained. The emergency physician’s bill totaled \$1,697: \$910 for evaluation and management services, \$749 for draining the abscess and \$38 for receiving services between 10 p.m. and 8 a.m.

In this case, as in others, the after-hours surcharge



was a tiny fraction of the total bill. But it rankles people.

“People ask, ‘Why are they charging me this extra fee for a facility that’s open 24 hours a day?’” said Butcher.

Insurers may refuse to pay the extra charge, and if they do rule the charge ineligible for payment, typically patients don’t have to pick it up.

“Aetna does not reimburse for an ‘after-hours charge’ if it is associated with an emergency room visit code or in an urgent care center as these facilities are usually open after routine office hours,” said Ethan Slavin, a spokesman for Aetna.

The rationale for an after-hours surcharge is to cover the extra costs associated with operating

and staffing a facility outside normal working hours, including generally higher salaries for overnight work, said Richard Gundling, a senior vice president at the Healthcare Financial Management Association, an industry group for executives. It’s used to varying degrees by emergency physicians, he said.

It’s legitimate to charge patients extra for visiting the emergency department during overnight hours, said Dr. Rebecca Parker, president of the American College of Emergency Physicians. “You’re paying people to be on staff during nighttime hours, and there are potentially extra costs there,” she said. Still, she said, emergency physicians rarely use it.



# Winter Storm Wreaks Havoc with Sierra, Sacramento Valley Highways

## Caltrans Crews Working to Reopen Roadways Quickly

Fierce winter weather has wreaked havoc with Sierra and Sacramento Valley roadways, forcing closure of a major freeway and several rural highways due to snow, flooding and mudslides, according to Caltrans.

Caltrans maintenance crews and equipment are working to reopen the roadways. However, motorists can expect extended closures for some highways to remain closed through the weekend or longer.

Here is the latest update on Sierra and Sacramento Valley highways and facilities effected by the recent storm:

- About 80 miles of Interstate 80 between Colfax and the California-Nevada state line remains closed due to snow and icy conditions. The interstate is expected to reopen later this afternoon.
- Eastbound Highway 20 is closed in Nevada City due to the closure of Interstate 80. The highway is expected to reopen later this afternoon.
- A three-mile segment of Highway 20 between Freshwater/Husted roads and Lone Star Road in just east of Williams in Colusa County is under one-way traffic control due to flooding. The roadway could reopen by late evening.
- A six-mile section of Highway 162 between County Road Y in Glenn County and Aguas Frias Road in Butte County is closed because of flooding from swollen creeks and drainage channels. The roadway is expected to reopen by Monday, depending

on how long it takes for the flood waters to recede.

- A 14-mile stretch of Highway 16 between Rumsey Canyon Road in Yolo County and the junction of Highways 16 and 20 in Colusa County remains closed after mudslides forced a shutdown of the roadway. Caltrans crews continue to work on clearing the slide. The highway could be closed through Friday.
- In Yolo County, Highway 128 is closed at Pleasant Valley Road, about 3.5 miles west of Winters because of a mudslide. The highway is expected to be closed through least through Monday.
- In Nevada, Yuba and Sierra counties, various segments of a 71-mile stretch of Highway 49 from Newtown Road, or The Willow, in Nevada County and Highway 49-Highway 89 junction in Sattley are closed due to multiple mudslides. No date has been set to reopen the roadway.
- In El Dorado County, Highway 89 is closed between D.L. Bliss State Park and Emerald Bay State Park because of avalanche danger. No reopening date is set.
- Highway 70 in Plumas County is under one-way traffic control due to a mudslide. There is no estimated time to reopen the entire roadway.
- The north- and southbound Maxwell areas on Interstate 5 in Colusa County are closed due storm-related electrical problems. No reopening date is set.



**Stay Ahead of the Winter Freeze  
Top Ten Tips**

It's not too late to begin preparing for the heating season.

Check these 10 tips off your list and get ahead of the winter freeze.

Our furnace has been inspected and serviced by a qualified professional during the last 12 months. (A furnace should be serviced at least once a year.)

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I have checked for creosote built-up. (Not cleaning your chimney is the leading cause of chimney fires from built up creosote. This service needs to be done at least once a year.)

Our wood for our fireplace or wood stove is dry, seasoned wood.

Our fireplace screen is metal or heat-tempered glass, in good condition and secure in its position in front of the fireplace.

We have a covered metal container ready to use to dispose cooled ashes. (The ash container should be kept at least 10 feet from the home and any nearby buildings.)

Our children know to stay at least 3 feet away from the fireplace, wood/pellet stove, oil stove or other space heaters.

Our portable space heaters have an automatic shut-off.

Our portable space heaters will be plugged directly into an outlet (not an extension cord) and placed at least three feet from anything that can burn; like bedding, paper, walls, and even people. (Place notes throughout your home to remind you to turn off portable heaters when you leave a room or go to bed.)

We have tested our smoke alarms and made sure they are working. (You need smoke alarms on every level of the home, inside each sleeping room and outside each separate sleeping area. For the best protection, the smoke alarms should be interconnected so when one sounds, they all sound.)

We have tested our carbon monoxide alarms and made sure they are working. (Carbon monoxide alarms should be located outside each sleeping area and on every level of the home.)

**RISK  
FROM PAGE 1**

awarded to Bender Rosenthal, Inc. at Tuesday's meeting to proceed with acquisition of right of way for the project, which is nearing completion of its environmental phase.

The intersection has been a hotspot for motor vehicle accidents over many years.

Lambert said the county is in a good place financially at present. He said homelessness continues to be a problem in the county, and statewide: 27 percent of the nation's homeless are in California.

"We need to work on the mental health piece as a society," Lambert said.

## "Ladies in Black" recital to feature Chico State faculty members

CSU, Chico's Department of Music and Theatre is presenting its first faculty recital of the new year, Ladies in Black, Sunday, January 22, at 2 p.m. in Zingg Recital Hall.

The recital will feature Chico State faculty members Dara Scholz, and Ayako Nakamura, and guest artists Sandra Wright, Candace LiVolsi and Treble Cierpke.

Join these five women to hear works for trumpet, soprano and harpsichord by Alessandro Scarlatti, French melodies for soprano and harp, a contemporary duet for trumpet and harp, and much more.

"This unique combination of musicians and instruments will prove to be an afternoon of music-making you won't want to miss," said Scholz.

The event is free and open to the public.

## Call for volunteers for Butte County Homeless Study

The Butte Countywide Homeless Continuum of Care (CoC) has scheduled the Point-In-Time Homeless Study date for Wednesday, January 25, 2017. It will take place in Gridley at Herman's Glass from 6 a.m., to 6 p.m.

The Butte CoC is in need of volunteers to help conduct the confidential survey with community members who are without stable, adequate housing. Volunteers are asked to attend a training on January 11th at 6 p.m., at the Gridley Lion's Den, and be available for a two- to four-hour block of time between 6 a.m., and 6 p.m., on January 25, the day of the study. Contact Vern Hartman at 530-514-6616.

"Conducting a Point-In-Time Homeless Study is a critical source of data for the number of people who are homeless in the county," said Sherisse Allen. The surveys will collect basic demographic information, as well as information regarding length of homelessness, family size and make-up, veteran status, education level, employment, causes of homelessness, and barriers to accessing housing. This information can be used to acquire funds to bring housing and services to the county to reduce homelessness. It can also be used to develop programs that meet the specific needs of our community. The Point-In-Time Homeless Study is a requirement of CoCs to ensure annual federal funding, which in the case of Butte County is over half a million dollars each year. The results of the study will be compiled in a report that will be made available by June 2017.

The Butte Countywide Homeless Continuum of Care is a community planning and coordination collaborative established to identify the county's homeless populations, facilitate the coordinated provision of services to the homeless, identify gaps in services, and seek, secure, and implement additional resources in addressing unmet need and insufficient services.

For complete information on training dates, times and location: [www.buttehomelesscoc.com](http://www.buttehomelesscoc.com)

For more information regarding the 2017 Point In Time Study contact Sherisse Allen at [sallen@housing-tools.com](mailto:sallen@housing-tools.com).

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Gridley • 846-3661

Narcotics Anonymous Meetings in Gridley

Open to anyone wishing to attend, meeting will be held:

Sunday, 7 p.m., 410 Jackson Street (St. Timothy's Episcopal Church)

Wednesday, 7 p.m., 410 Jackson Street (St. Timothy's Episcopal Church)

Thursday, 7 p.m., 580 Washington St. (Gridley Christian Church)

Friday, 7 p.m., 410 Jackson Street (St. Timothy's Episcopal Church)

Call 1-877-669-1669 for more information.

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**on Local Matters**

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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 mroe than one incorrect insertion. Be sure to check your ad the first time it appears in the paper.

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# CLASSIFIEDS

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### 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 751 ORO DAM BLVD WEST OROVILLE, CA 95965**  
**JAMES CASSIN, 76 Alder Ave., San Anselmo, CA 94960**  
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)

### FICTITIOUS BUSINESS NAME STATEMENT

FILE NO. 2013-0000699

The following persons have abandoned the use of the fictitious business name: **DOVES LANDING PHARMACY 2450 ORO DAM BLVD, SUITE B OROVILLE, CA 95966**  
**ALLIED PHARMACY SERVICES INC., 3215 Pennington Road Live Oak CA 95953**  
Date Filed in Butte County: December 14, 2016  
The Registrant commenced to transact business under the above business name on: May 14, 2013  
This Business is Conducted by: Corporation  
NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the County Clerk. A new fictitious business statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14400, ET SEQ., Business and Professions Code).  
Publish: 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 INTEGRATION BEYOND AVI 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)

**NPP0298407. T.S. No.:** 9987-2037 TSG Order No.: 8667331 A.P.N.: 022-080-012-000 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 07/17/2009. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. NBS Default Services, LLC, as the duly appointed Trustee, under and pursuant to the power of sale contained in that certain Deed of Trust Recorded 07/27/2009 as Document No.: 2009-0027155, of Official Records in the office of the Recorder of Butte County, California, executed by: JOSEPHINE MARY WILLIAMS, AN UNMARRIED PERSON, as Trustor, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable in full at time of sale by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state). All right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and state, and as more fully described in the above referenced Deed of Trust. Sale Date & Time: 01/31/2017 at 09:00 AM Sale Location: Butte County Courthouse, Main Entrance 1 Court Street, Oroville, CA 95965 The street address and other common designation, if any, of the real property described above is purported to be: 3476 SMITH AVE, BIGGS, CA 95917 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made in an "AS IS" condition, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to-wit: \$309,689.02 (Estimated) as of 01/04/2017. Accrued interest and additional advances, if any, will increase this figure prior to sale. It is possible that at the time of sale the opening bid may be less than the total indebtedness due. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call, 1-800-280-2832 for information regarding the trustee's sale or visit this Internet Web site, [www.auction.com](http://www.auction.com), for information regarding the sale of this property, using the file number assigned to this case, T.S.# 9987-2037. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the internet Web site. The best way to verify postponement information is to attend the scheduled sale. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee and the successful bidder shall have no further recourse. NBS Default Services, LLC 301 E. Ocean Blvd, Suite 1720 Long Beach, CA 90802 800-766-7751 For Trustee Sale Information Log On To: [www.auction.com](http://www.auction.com) or Call: 1-800-280-2832. NBS Default Services, LLC, Nicole Rodriguez, Foreclosure Associate This communication is an attempt to collect a debt and any information obtained will be used for that purpose. However, if you have received a discharge of the debt referenced herein in a bankruptcy proceeding, this is not an attempt to impose personal liability upon you for payment of that debt. In the event you have received a bankruptcy discharge, any action to enforce the debt will be taken against the property only. NPP0298407 To: GRIDLEY HERALD 12/30/2016, 01/06/2017, 01/13/2017  
Publish: December 30, 2016 January 6, 13, 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 AUULA SEC.

### NORTH BUTTE LODGE

NO 230 F&AM  
MEETS SECOND THURSDAY  
EACH MONTH 7:00 P.M.  
VISITING BROTHERS CORDIALLY INVITED  
SYCAMORE AND VERMONT  
DREW BECKER WORKSHOP MASTER  
ED BECKER SECT.

### AMERICAN LEGION

MEETS SECOND TUESDAY OF EACH MONTH  
VETERANS MEMORIAL HALL, 249 SYCAMORE  
MEETING BEGINS AT 7 P.M.

### AMERICAN ASSOCIATION OF UNIVERSITY WOMEN

GRIDLEY BRANCH  
MEET 2ND THURSDAY AT LIBRARY AT 4:00 P.M.  
OPEN TO ALL COLLEGE GRADUATES OR  
HOLDERS OF EQUIVALENT DEGREES  
(AA, BA, BS, RN, ETC.)

### PRESIDENT TRACY HOWELL

CONTACT FOR MTG. DATES [tracy@howellitis.com](mailto:tracy@howellitis.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

### FOCUS

HANDS HELPING CHILDREN  
P.O. BOX 1141, GRIDLEY  
(MEETS FIRST THURSDAY FROM SEPTEMBER TO JUNE)

[WWW.FOCUS-HHC.ORG](http://WWW.FOCUS-HHC.ORG)  
FOCUS.HHC.INFO@GMAIL.COM  
530-868-5949

### GRIDLEY AREA CHAMBER OF COMMERCE

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

PRESIDENT - LYNNE SPENCER  
VICE PRESIDENT - ZACH TORRES  
INTERN SECRETARY - BRITTNEY KELLY  
TREASURER - CATHY MILLS  
890 HAZEL STREET, GRIDLEY  
530-846-3442

### 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  
PRESBYTERIAN CHURCH SOCIAL HALL  
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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FINANCIAL SECRETARY - ROBERT MILLER

FATHER JOSEPH O'CALLAHAN ASSEMBLY #2706  
FAITHFUL NAVIGATOR - LUCIO ANGEL  
FAITH COMPTROLLER - FIDENCIO RAMIREZ

### WARREN H. MCCUTCHEON

POST 5731  
VFW & AUXILIARY  
MEETS 1ST WEDNESDAY AT 7:00 P.M.

MEMORIAL HALL GRIDLEY  
GEORGE HIRALEZ COMMANDER  
DAN MARINELLA ADJUTANT  
LYNNE SPENCER AUX. PRES.  
249 SYCAMORE, 530-846-3422

### FRIENDS OF THE GRIDLEY LIBRARY

MEETS 2ND THURSDAY OF  
EACH MONTH AT 6:00 P.M.  
846-3323

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# Don't get lost in the fog when driving on Sacramento Valley roadways

## Motorists should prepare for reduced visibility during morning commute

Traveling safely through heavy fog blanketing local highways over the next few days can be as simple as following a 3-2-1 countdown or opening your window to listen for traffic, according to Caltrans.

Throughout the winter and early spring, the greater Sacramento region often finds itself shrouded in thick ground fog, better known as tule fog, which emerges after the rains saturates the soil. Nearly three in four fog-related traffic collisions are connected to motorists driving too fast, statistics indicate. These collisions also result in the highest fatality rates.

To help motorists navigate safely through pea soup weather, Caltrans offers these driving tips:

- Reduce your speed to ensure a safe stopping distance.
- Drive with headlights in low beam. Never drive with only the parking lights or fog lights.
- Use extra caution when crossing traffic or busy intersections, especially in dense fog.
- Lower your window and listen for traffic you can't see.
- Use windshield wipers and your defroster to improve visibility.
- Be patient and don't pass long lines of traffic.
- Use the boundary lines or roadway edge on your right as a guide.
- Unless really necessary, don't stop along the freeway or highway.

When looking to exit, the solid white line on the shoulder will veer to the right, breaks for a few feet and then resumes along the ramp. Also, highways prone to fog will have markers that follow a 3-2-1 countdown dot pattern to let motorists know there is an exit ahead. On the right shoulder, drivers will see three reflective markers 2,100 feet before the exit, two markers at 1,400 feet and one marker at 700 feet.



**LARGE TREES COMING DOWN** - The winter storms have caused many large trees to come down such as a giant Redwood on Sheldon Avenue this week. Neighbors expressed gratitude for such quick response with PG&E getting the power back on after four hours, the fire department and Butte County Public Works for getting the big tree cut up and off the roadway all with smiles on their faces even though winds reached 30-35 mph . (Photos by Lisa Van De Hey)



# Chico State Student who killed fellow student admits guilt in court

A 25-year-old former Chico State student who killed a fellow student in a DUI incident in 2015 finally admitted his guilt in Butte County Superior Court Wednesday.

District Attorney Mike Ramsey said Juan Fernando Campos entered a guilty plea to a felony count of Vehicular Manslaughter while Intoxicated before a judge in a case which stemmed from a March 28, 2015 collision in the south CSUC campus area.

Ramsey said Campos had been driving under the influence of alcohol when he struck and killed Nickolas Joseph Klein, 21, as Klein walked across the intersection of W. 7th Street and Chestnut Street. No crosswalks existed at the intersection. Klein was also intoxicated at the time.

On that date, at around 8 p.m., the evidence showed Campos was driving over 45 miles per hour in a 25 mile per hour zone. Klein succumbed to his injuries approximately 35 minutes after he was hit. A subsequent blood test of Campos' blood showed his blood alcohol level to be 0.14, almost twice the legal limit of 0.08. The Chico Police traffic unit worked with the California Highway Patrol Major Accident Investigation Team (M.A.I.T.) in forensically reconstructing the crash dynamics, which included finding and downloading data from a data-recording "black box" in Campos' vehicle to determine the speed of Campos' vehicle at the time it struck and killed Klein.

Ramsey said both the young men were scheduled to graduate from CSUC that May. Campos did graduate. Klein did not.

However a group of 14 students from a CSUC transportation planning course class later began working in collaboration with the city of Chico to make streets safer in the south campus neighborhood. According to an article in the Chico Enterprise-Record, the students presented their findings from walking audits in the neighborhood to the city Director of Public Works on December 14, 2015. According to the article their project was to continue through 2016 with subsequent classes examining and analyzing existing safety conditions in the neighborhood.

Campos, who is currently out of custody, will be sentenced on March 17, 2015. He faces a term of up to four years in state prison.



**USE PRECAUTION WHILE DRIVING** - Several days of heavy rains means drainage is slow especially on county roads so use precaution while driving especially at night.

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# SPORTS

## Smaller Gridley wrestling squad excelling so far in 2016-17

By David Vantress  
Sports/News Reporter

Sometimes, less can work out to be more.

That certainly seems to be how things are shaping up so far in 2016-17 for the Gridley High School wrestling team.

Head coach Brannon Byrne said the Bulldogs are having trouble filling some of the lower weights, but have had some success at early season tournaments so far this season.

Last week, the Bulldogs were at the Battle of the Buttes, a prestigious early season tournament.

"We only had eight of the 14 weight classes filled, but we came in third," Byrne said.

We are doing exceptional. As a team we are small but we have placed in the top ten at every tourney this far with less than half a team. We have some real potential with our Varsity line up.

Raiden Montero was undefeated for Gridley at 122 pounds, with five first-round pins. Bryar Byrne was undefeated at 132 pounds with three pins and one technical fall.

Mikey Curry, a senior who was eighth in the state in the girls' tournament last year, is doing double duty, also wrestling for the boys' team when available.

She recently won the boys division of the Durham JV tournament, with three pins and a technical fall.

"She could have wrestled the girls, but she wanted the best competition," Byrne said.

The Bulldogs are in action this weekend at the Foothill Tournament in Sacramento.



Members of the Gridley High School wrestling team are pictured. The Bulldogs, despite having a smaller team than usual, are off to a good start so far in 2016-17. (Photo contributed)

From left to right, Gridley High School wrestlers Austin Vega and Angel Gonzales placed fifth, Bert Santillian third, Alex Avina first, Mikey Curry first, and Kevin Nunes fourth at the recent Durham JV tournament. (Photo contributed)



## The many benefits of aerobic exercise

A great workout routine combines strength training and aerobic exercise. But even some ardent exercise enthusiasts may not understand just how valuable aerobic exercise is. Running on the treadmill or using an elliptical machine might not be the most engaging exercises, but the benefits of aerobic exercise, often referred to as "cardio," are undeniable.

- Aerobic exercise helps people maintain healthy weights. Aerobic exercise can help men and

women maintain healthy weights over the long-term. The foods people eat and the fat they store provides energy the body uses as fuel during cardiovascular exercise. The longer and more intense aerobic exercise sessions are, the more calories the body burns during those sessions. Successful weight loss programs should include routine aerobic exercise.

- Aerobic exercise lowers risk for various diseases. Aerobic exercise has been proven to lower

people's risk for various diseases, including diabetes, heart disease and depression. According to the American College of Sports Medicine, high levels of cardiovascular fitness have been linked to a 50 percent reduction in the risk for cardiovascular disease.

- Aerobic exercise can improve muscle tone. Exercise enthusiasts who want their efforts in the gym to show should know that aerobic exercise can improve muscle tone and get men and women closer to the ripped appearance they might be looking for. Interval training, in which cardio routines alternate between high and moderate intensity, is a great way to burn additional fat during aerobic exercise.

- Aerobic exercise can improve mood. Studies have shown that aerobic exercise improves mood. In addition to its impact on body image, aerobic exercise triggers the release of endorphins, a group of hormones that can quickly and effectively improve mood. Studies have also shown that physical activity can help the body combat anxiety and stress.

### Athletes of the week

**Mikey Curry**

Curry, wrestling against the boys, won the Durham JV Tournament last week with three pins and a technical fall.

**Tyler Little**

Little had 18 points and 12 rebounds for a double-double against Paradise in the third-place game of the Oroville Tournament last week.

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