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Yamaguchi not running for 4th term

Councilman DiDuca will run for Supervisorial seat in June

By Rick Silva
MANAGING EDITOR

Butte County 5th District Supervisor Kim Yamaguchi is not running for re-election – but current Town Councilman Joe DiDuca will take aim at the seat in June.

The news was out yesterday at a Butte Fire Safe Council meeting that both men had announced their intentions.

While DiDuca, who is entering the final year of his first term on the council, just made

the announcement yesterday, he decided on the move the second week of December.

“Businesses associates, friends and family have been encouraging me to run,” he said. “I have been getting a lot of support and I decided to take that next step to the 5th District.”

He said he hopes to be voice for good government.

“I will be a loud voice for responsible government and not just for Paradise, but all of Butte County,” DiDuca said.

“Government accountability will be my theme.”

He said he will make sure that government is accountable for public safety and fiscal responsibility.

“I will make sure the taxpayers get a return on their investment,” he said.

DiDuca said he didn’t make his decision until he was sure that Yamaguchi, who is finishing his third term, wouldn’t seek a fourth term.

“I had heard some rumblings that didn’t have anything formal,” he said. “But (his decision not to run) being the case,

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Kim Yamaguchi

Town to hear RDA, South Libby issues

By Trevor Warner
ASSISTANT MANAGING EDITOR

The town will address the redevelopment issue during its first meeting of 2012.

Due to the state court’s decision to dissolve California’s redevelopment agencies, the Town of Paradise has to ready itself for the dissolution by the Feb.1 deadline.

As such, a resolution will go before the council naming the Town of Paradise as the successor agency to the RDA.

While it is assumed that since the town created the RDA it is in fact the successor agency, legal council suggested it would be wise to spell it out on paper.

As the successor agency, the town will administer the dissolution of the RDA.

Though there are some state legislators who may be interested in a move from economic advocacy groups to stall the dissolution, the town still has to prepare for the loss of the RDA.

If the resolution is approved, it doesn’t make the town liable for the RDA’s bond debts. The town will be liable for the total property tax revenue and the value of assets that is transferred to the town as the successor agency.

The town will also hear a measure that advertises for bids for repaving South Libby. Though the road is seriously deteriorated and has been a priority road for some time, it didn’t qualify for federal funding.

As such it took several years to accumulate the money it would take to fix the road according to the town’s agenda packet.

Additionally other projects on Skyway, Clark, Pearson and Pentz were quicker to turn around and more cost effective, which pushed the South Libby project into this fiscal year.

The project is limited to the existing paved road section and is estimated to cost \$300,950.



RICK SILVA/THE POST

Bad Spill in Bille Park

An unidentified man was flown out of Bille Park Tuesday afternoon after he reportedly fell into a creek at the park. Authorities say the man suffered a head injury of some kind. A bike was found near the man and police assume it was his bike and took it for safekeeping. The man also reportedly couldn’t answer questions.

Local therapist to demonstrate ‘trigger point’ relief

By Trevor Warner
ASSISTANT MANAGING EDITOR

A Ridge man is offering free demonstrations this weekend on how to overcome pain with the touch of a hand.

Kevin Burns, CMT, said neuromuscular therapy — also known as trigger point therapy — is the key to relieving many types of pain.

Trigger points are small points in a muscle that send out sharp pains when activated.

Everything from repetitive stress, work environment, “weekend warrior stuff” and sudden shocks to the body such as car accidents can trigger the pain.

These are the pains that can be felt in two places at once — for instance, one in the foot

and another elsewhere in the body.

Burns said these pains occur when small cramps in the muscle build and get tighter and tighter over time. They can stay tight for years, he said.

The pains are in a sensory loop, he said. In a nutshell, that means the pain bypasses the brain and travels in a loop between the muscle and the spinal cord. Hence, the brain cannot send the necessary chemical to the muscle to allow it to relax.

The pain can be relieved by applying pressure to the point to press the blood out of the muscle. After letting go, the point will fill with fresh blood.

“For some people it takes quite a bit of time, and for some people it is gone immediately,” he said.

This isn’t new stuff, Burns said.

Janet Travell pioneered trigger point treatment in the 1940s and was so successful at treating the pain of President John F. Kennedy that he asked Travell to be his personal physician when he became president.

“This isn’t hippy health care,” he said. “It’s something that’s been out there for a while.”

He said a lot of people don’t know about trigger points because modern doctors — although they are trained in trigger point basics — generally have too much on their plate to really probe for trigger point pain.

“They don’t have the time to spend an hour pushing into someone’s boo-boo, saying ‘does that hurt?’” Burns said.

Burns found out about trigger points due to pain issues he had after being injured in 2002.

He was an avid outdoorsman, but ended up having trouble sleeping though the night without having to get up and take a hot shower just to calm his nerves.

“I would take two or three showers a night,” he said. “Within a couple of hours the pain would be back.”

After being referred to an acupressurist, Burns discovered trigger points and how much the treatment helped him.

He went to school at UC Davis to study trigger points, became a Certified Massage Therapist and now wants to help others relieve their pain issues.

He discovered that trigger points are responsible for 95

percent of the pain people suffer.

“I want to get this information out,” he said. Some insurance providers will cover neuromuscular therapy, but it depends on the provider.

Burns will discuss why people hurt and what can be done for them on all topics, from low-back or shoulder pain to whiplash and fibromyalgia.

He will demonstrate neuromuscular techniques a therapist might use to bring relief and, more importantly, show attendees techniques they can use on their own. Volunteers from the audience are welcome.

The demonstration will be held Saturday, Jan. 7 from 6 to 7 p.m. at Beyond Fitness. Another demonstration is planned for Jan. 21 at the same time.

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Today's weather

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Sunny. Highs in the mid 60s and lows in the low 40s.

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Long-time Butte County judge to retire

Judge Steven J. Howell has announced his retirement from the Butte County Superior Court, effective Feb. 29.

He was appointed to the Municipal Court, South Butte County Judicial District, by Gov. George Deukmejian and assumed office Sept. 8, 1987.

Gov. Pete Wilson elevated Howell to the Butte County Superior Court and he was administered the oath of office

by California Supreme Court Chief Justice Ronald M. George in Chico on May 17, 1996.

Judges must stand for election periodically.

Howell stood for election five times without drawing a challenge and is believed to have been the second longest serving judge in Butte County history.

Howell will be remembered

for his administrative leadership.

Initially he conducted court in what was known statewide as “the worst courtroom in the State of California,” a double-wide construction trailer located in a parking lot of the Oroville Justice Court.

He led the effort which expanded the Superior Court in Oroville. Chief Justice

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