

That was 1995; they've been here since.

Mellum, originally hired by now-defunct Chico Medical Group, started his own practice in 2000. Over the past three years, he's become a generational physician: delivering children of children he delivered. (It's happened a handful of times ... so far.) Meanwhile, last week Mellum, 60, became a grandfather for the eighth time.

"It's a funny thing, you never feel a whole lot different inside; you just look in the mirror and realize, *There's a grandpa looking at me*," Mellum said. And, tongue still in cheek, the career achievement award "tells me I've been here over 20 years, I have a lot of gray hair and I'm [at least] 60."

He knows there's more. A moment shared by Silva brought it home. When she was a ward nurse, Silva helped Mellum care for a teen who'd just given birth. The new mom, age 15 or 16, had brought to the hospital a Hello Kitty blan-

**Honor roll:**  
Enloe Medical Center's previous Physician Legacy Award recipients:

**2017:** Denis Westphal  
**2016:** Peter Magnusson  
**2015:** Patrick Tedford  
**2014:** Jeffrey Lobosky and William Voelker  
**2013:** Samuel Brown and Dale Wilms  
**2012:** David Potter  
**2011:** John Howard  
**2010:** Eugene Cleek  
**2009:** Joseph Matthews  
**2008:** Terrence Fraters  
**2007:** Joseph Chiapella  
**2006:** Jimmy Roberts and Walter Mazen Sr.  
**2005:** James Wood  
**2004:** Donald Heithecker

ket that held a lot of meaning. As nurses settled her into bed, Mellum found the blanket, laid it over the top sheet "and just tucked her in, like a dad," Silva described.

"It was a really poignant moment," she continued. "For her, her mom, everybody in the room, it was just the sweetest moment. She was very grateful to him for his kindness and the caring that he'd given to her." □

## WEEKLY DOSE



### Superberry

More than 600,000 people die of heart disease in the United States every year. Some of this stems from genetics, some from lifestyle, but there are certainly a lot of people on blood pressure medication. Here is where the humble blueberry comes in. A new study published in the *Journal of Gerontology Series A* has found that eating about a cup of blueberries a day for a month can make a difference. It turns out that the magic in the blueberry is called anthocyanin, which is what makes the berry blue. Researchers studied 40 healthy volunteers for a month; those who consumed blueberry juice saw blood vessel function improve in just two hours—after a month, results were similar to taking blood pressure meds. Blueberry season runs from April to September in North America, but they seem to line the shelves year round. Go make your teeth blue and your heart healthy!

Source: Science Daily

## Acupuncture Chinese Herbs & Massage

Pain Management, Weight Loss,  
Digestive Issues & Allergies

Jennifer Conlin L.Ac.

Elinore Schafer L.Ac.

Most insurance accepted



American Chi  
CENTER FOR HEALTH

1209 Esplanade Ste 1

530.342.2895 • AmericanChi.net

Mon & Thur 10am-6pm • Tues & Wed 9am-6pm  
Friday 9am-2pm • Sunday Noon-4pm

Hair • Wigs • Cosmetics

Ron Paul  
★ Hair!

2175 Baldwin Ave  
Oroville 95966  
(530) 533-7720

Hair Care Products

**LITTLE RED HEN  
GALA**

FUNDRAISER BENEFITING SUPPORTIVE EMPLOYMENT FOR  
ADULTS WITH DEVELOPMENTAL DISABILITIES AND  
PROGRAMS FOR CHILDREN WITH AUTISM

6 O'CLOCK SATURDAY

**MARCH 16<sup>TH</sup>, 2019**

WITH SPECIAL THANKS TO OUR HOSTS  
AT THE SIERRA NEVADA BIG ROOM

TICKETS AVAILABLE AT [LITTLEREDHEN.ORG](http://LITTLEREDHEN.ORG) OR AT ANY OF OUR FIVE RETAIL LOCATIONS  
TICKET INCLUDES DINNER AND ENTERTAINMENT

DANCE THE NIGHT AWAY WITH MUSIC BY  
**"DECADES"**

**ChicoER.com** **CN&R** **DEER CREEK BROADCASTING**  
Chico News & Review



## CHICO PERFORMANCES PRESENTS



**PETER GROS**

*Mutual of Omaha's Wild Kingdom*

**Wednesday, March 6 | 7:30 p.m.**

LAXSON AUDITORIUM | CSU, CHICO

**TICKETS:** \$36 PREMIUM | \$28 ADULT | \$26 SENIOR

\$15 YOUTH & CHICO STATE STUDENT

*"Peter's upbeat, exciting show filled with bloopers, clips, and his friendly animal ambassadors captivated our audience."*  
— Lincoln Theater Napa Valley

Love exotic animals? Wildlife expert, conservationist, and co-host of beloved TV show *Mutual of Omaha's Wild Kingdom*, Peter Gros shares his exciting animal world travel experiences and timeless tales while introducing audiences to exotic animals. Peter believes that when children and adults meet an animal there is an immediate connection and then concern for their future well-being. All of the animal ambassadors appearing in the show have been raised in captivity or are rescue animals.

FOR MORE INFORMATION, CALL THE UNIVERSITY BOX OFFICE AT (530)-898-6333  
OR VISIT OUR WEBSITE AT **WWW.CHICOPERFORMANCES.COM**