

hopes to do.

White said one objective is to be part of a positive cultural shift toward eliminating stigma about mental illness, making it more of the norm for people to talk about their feelings and beliefs.

Since their product is still new—it launched in February 2018—sales have been slow, but they’ve had great feedback from teachers, therapists, families and groups of friends. They were able to write their first check for charity last year. Ten percent of all proceeds from PEAR go to organizations focused on promoting mental health: Mental Health America (MHA), the American Foundation for Suicide Prevention, and the Brain & Behavior Research Foundation.

For MHA, a nonprofit headquartered in Virginia, donations from its fundraising partners, like PEAR Cards, support its public education campaigns and free online screening tools. MHA spokeswoman America Paredes said the organization has found PEAR Cards to be a useful tool when initiating conversation, and because the prompts are open-ended, they can encourage the forging of deeper connections and combat feelings of isolation.

Right now, the PEAR team is

Get talkin’

PEAR Cards can be purchased for \$25 at Made in Chico, Sweet Chico Confections, amazon.com and pearcards.com.

exploring partnerships with local school districts to get decks on each campus, as well as a program dedicated to mental health and wellness. The ultimate goal is that the cards could be used to help educators identify kids who may be experiencing mental health issues, or, at the very least, foster self-love and break down barriers to connecting with others, like the fear of rejection.

“If one of the impressions that’s being made on them inside the classroom is that it’s OK to express yourself and it’s OK to speak positively about the person next to you and also about yourself—you don’t have to be an egoist to say you love yourself or to give yourself a compliment—y’know, that’s huge,” Anderson said.

White added: “If this sparks somebody to say something that got them the help they needed, that’s mission accomplished. If it only changed one life, we would be happy.” □

WEEKLY DOSE



Green for winter blues

Feel like you’ve been stuck under a thick wool blanket for months? The recent time change may help you feel better, but there’s another way to perk up when you have the winter blues: Go green. Recent studies have shown that bringing houseplants into your home (and office) can help reduce stress, increase oxygen levels, and brighten your mood. Potting soil even carries special microbes, cheekily known as “outdoorphins,” that act as a natural antidepressant. Though experts aren’t sure why plants can make you feel better, the general consensus is that humans are hardwired to connect with the natural world, and that taking care of something makes you feel good. Choose hardy, low-light plants that don’t get too thirsty—a few to consider are the Chinese evergreen, pothos and snake plant. Plant power!

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CITY OF CHICO PLANNING COMMISSION ACCESSORY DWELLING UNIT (ADU) – COMMUNITY WORKSHOP



NOTICE IS HEREBY GIVEN that the City of Chico Planning Commission will hold a public workshop on **March 21, 2019** at 6:00 p.m. in the City Council Chambers located at 421 Main Street, regarding the following:

Accessory Dwelling Units (ADUs) – Community Workshop - The Planning Commission will hold a community workshop to discuss Accessory Dwelling Units (ADUs). ADUs due to their limited size and accessory relationship to an existing “main residence” are a form of affordable market rate housing.

A number of alternative programs and incentives for increasing ADU production were previously presented to the Chico City Council. After careful consideration, the Council directed the Planning Commission to conduct an ADU workshop and report back to the Council with recommendations to stimulate ADU production, specifically potential Code amendments to the City’s ADU regulations. The community workshop will consist of a primer on ADUs including a summary of State ADU laws, recent ADU amendments to City Codes, ADU fees, a progress report on ADU permitting and construction activity, and recap of the potential ADU program recommendations and potential amendments that were initially presented to the City Council. One of the major topics of discussion will be the City’s current Code requirement that the property owner occupy either the main residence or the ADU.

Planning staff will summarize the workshop comments and return to the Planning Commission with recommendations at another Planning Commission meeting in April or May 2019. The Planning Commission recommendation will then be forwarded to the City Council for consideration at a future meeting. Questions regarding this project may be directed to Principal Planner Bruce Ambo at (530) 879-6801, or bruce.ambo@chicoca.gov or Kelly Murphy, Planner at (530) 879-6535 or kelly.murphy@chicoca.gov.

Any person may appear and be heard at the public workshop. The Planning Commission may not have sufficient time to fully review materials presented at the public workshop. Interested parties are encouraged to provide written materials at least 8 days prior to the public workshop to allow distribution with the Planning Commission’s agenda packet and thus, adequate time for the Planning Commission to review. All written materials submitted in advance of the public workshop must be submitted to the City of Chico Community Development Department, 411 Main Street, Second Floor, or mailed to P.O. Box 3420, Chico, CA 95927. Written materials should refer to the specific public workshop item listed above.

ADVOCATES NEEDED

Become a state certified Long-Term Care Ombudsman and make a difference in the lives of the residents of nursing homes and assisted living facilities.

We need people in Oroville, Paradise, Glenn and Tehama Counties.

If you have time and wish to make a difference, please call!

PASSAGES
530.898.5927



CITY OF CHICO – COMMITTEE RECRUITMENT COMMERCIAL CANNABIS ADVISORY COMMITTEE



The Chico City Council is seeking applications for volunteers to serve on a temporary Commercial Cannabis Advisory Committee. The work of the Committee may take three to seven weeks, or as much time is needed to complete its work. The Committee will meet on a weekly basis with the dates and times to be determined.

Applicants are being recruited in the following areas of expertise to serve on the Committee:

- Expert from the cannabis industry with an understanding of CA State regulations
- Public Health representative • Local business/Chamber of Commerce representative
- Downtown Chico Business Association representative • Chico Unified School District representative
- California State University Chico representative • Real Estate industry
- Two community members at large

Applications are available online at the City of Chico’s website at ci.chico.ca.us as well as available at the front counter on the Third Floor of the Chico Municipal Center.

ALL APPLICATIONS ARE DUE BY 5:00 P.M. ON FRIDAY, MARCH 22, 2019, IN THE CITY CLERK’S OFFICE ON THE THIRD FLOOR OF THE CHICO MUNICIPAL CENTER, 411 MAIN STREET. APPLICATIONS CAN ALSO BE EMAILED TO DANI.ROGERS@CHICOCA.GOV. THE CITY COUNCIL WILL MAKE ITS APPOINTMENTS AT THE REGULARLY SCHEDULED COUNCIL MEETING ON APRIL 2, 2019.