

into my decision. I recognize that it's a challenge and that recovery is a long process, but I have a great team. Everyone told me that ahead of time. And now that I've had a chance to meet almost all the employees, I'm really excited about getting started working with our local team, as well as our state and federal partners.

What do you see as your biggest challenge?

My biggest challenge is getting to know the local and state codes and laws that apply to public health and other areas as well—because we're all partners. Coming from a different state, there is a learning curve, and it takes time. But I'm excited about learning new things. I consider myself a lifelong learner. I'm a geek, I guess—I like to read codes and strategic plans and things like that.

Here in Butte County, we have a high rate of drug addiction—and not a lot of treatment centers—and we have a huge homeless population. We just had the Camp Fire, which has introduced issues with air quality and water contamination. We recently had a measles outbreak. So, there are plenty of pretty big issues facing our community. Do you

see any of them as being highest on your priority list?

I think all of those are priorities. And obviously all of them are important. With the exception of the Camp Fire and the recovery for that, the rest of them are not unique to Butte County. So, it's public health- or social services-related. I look forward to working with my team to learn more about the problems here and how they came about, and what our role can be within them and addressing them as best we can.

What kinds of things did you deal with in your last job that prepared you for this one?

Washington state had one of the largest measles outbreaks in recent history. The county that I worked in did not have any positive cases, but the work around public health when an outbreak occurs, regardless of whether you have any cases in your area, creates more work. Physicians start watching it closer—which we want them to do. People get scared. That's understandable, but our job in public health is education first and foremost, to make sure people are prepared with information. We can use some of the same skills across the different states. □

WEEKLY DOSE



Summer rash

It's hot out, you sweat, and soon you notice itchy, red bumps and blisters on your skin. What is it? Heat rash, also known as "prickly heat," is a common summer affliction that occurs when a blockage of the sweat glands causes perspiration to be caught in the deeper layers of the skin. People who sweat easily are the most susceptible, as are babies and children because their sweat glands are underdeveloped. Heat rash occurs in the places you sweat the most, and though there is no remedy, there are strategies to ease your pain. Antibacterial soaps can shorten its duration, and topical solutions like calamine lotion can help with the itch, but be wary of oil-based treatments as they can block your sweat glands even more. Most important, keep your skin cool to prevent more sweating by taking cold showers and wearing loose clothing.

This guy saves you money.



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FOSTER GRANDPARENTS

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What is the Foster Grandparent Program?

Foster Grandparents are volunteers who provide support in schools, afterschool programs, preschools, and child care centers in Butte and Colusa County. They are role models, mentors, and friends to children, focusing on literacy, mentoring, and school readiness. If you are 55 or over and want to stay active by serving children and youth in your community, you have what it takes to be a Foster Grandparent. Foster Grandparents serve 5 to 40 hours per week. Volunteers may qualify to earn a tax-free, hourly stipend. You'll receive pre-service screening, orientation, placement at your volunteer station and monthly training.

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