

Lewis said he anticipates seeing folks from the Ridge who were lacking care before the fire, as well as those who just haven't been able to establish new doctors in the impacted Butte County market.

"We'll take out hundreds, and perhaps over 1,000 teeth," Lewis said. "These are just teeth that we call 'bombed out.' They're not restorable and they're infected. Frequently, people are in pain."

Carroll said CareForce plans to bring the clinic back again next year "so we can capture more people who didn't get the chance to see us the first time around."

Lewis has been aware of the need for a while, attempting to host his own free clinic years ago. He hopes Chico will become a frequent location for such

Check in:

Those seeking free medical, dental or vision services should arrive at the Silver Dollar Fairgrounds main gate at 9:30 a.m. on Friday or Saturday (Aug. 2-3) to receive a wristband and appointment time for the following day (Aug. 3-4). For more information or to volunteer, go to californiacareforce.org.

services. Whenever he recalls a moment, like the one he shared with the contractor who went without care to provide for his kids, he calls them the best paychecks of his career.

"When you really made a difference in somebody's life and they look at you with such gratitude and appreciation, it's like, *I just did what I know how to do,*" he said. "It made a difference in this guy's life. He didn't have toothache pain anymore." □

WEEKLY DOSE



Crying isn't so bad after all

Have you ever felt better after a good cry? There may be some new evidence as to why. According to a study published recently in the journal *Emotion*, crying actually may serve a physiologic purpose. Long story short, researchers at the University of Queensland recruited 197 female undergraduate students to watch sad videos. Non-criers showed elevated breathing rates while criers maintained their initial breathing rates, which suggests that crying may help regulate arousal and serve as an emotional release. Also, right before crying, participants experienced a decrease in their heart rates. Beyond these findings, tears can kill bacteria, lower stress hormones and elevate your mood, remove toxic byproducts from your system, and help you see better. Crying is also a way of communicating when you may not have the words. So, the next time someone gives you a hard time for crying, tell them you are actually doing your body good.

Source: *Forbes*

This guy saves you money.



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FOSTER GRANDPARENTS

Share Today. Shape Tomorrow.

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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