

the data about HIV and hepatitis C transmission “compelling,” she still has overriding concerns related to syringe litter and addiction treatment, especially given the region’s shortage of physicians.

“Ultimately, I’d like to see them get into help and get into sobriety,” she said. “Let’s deal with the root of the problem: What’s going on in that person that they are wanting to use drugs to cover up what happened to them as a child ... ?”

Chief O’Brien has expressed reservations as well. He sent a letter to the California Department of Public Health’s Office of AIDS outlining his concerns, including the boundaries of operation and the model—distribution rather than a one-to-one exchange. (Public Health officials at the aforementioned meeting pointed to studies showing that exchanges limit the number of clients who turn to treatment.)

In response, NVHRC worked with the state to narrow its hours of operation and the areas of service. O’Brien told the CN&R he appreciated the changes, but that he’s still uncomfortable with the boundaries since technically the

Learn more:
Go to nvhrc.com. Syringe litter hotline: 332-8065

group is allowed to operate adjacent to Community Park. (Thus far, the group has set up only at Humboldt Park). He commended NVHRC for its litter cleanup program, and “admirable objective” to reduce the spread of disease.

“I would prefer it, quite frankly, in more of a medically supervised area, like in an actual storefront,” he said. “As police chief, I’ve got to look at the entire community... at our kids. There are parks where littering of these syringes causes me concerns.”

Gomez said syringe litter has been a problem for years, and that’s why cleanup is an important part of their programming. Providing services in a health clinic would reduce NVHRC’s efficacy, she said.

“A lot of the people we serve are mistrusting or feel fearful of entering a health clinic. And what we try to do is bridge that gap,” she said. “By having a community-based organization do that, it really helps people wanting to reach the services.” □

WEEKLY DOSE

Cure your cold naturally

You can hear it everywhere—the coughs, the sneezes, the sniffles. Don’t let it happen to you! And if it does, stop that cold or flu in its tracks the natural way. Vitamin C is still tried and true for boosting your immune system and shortening the lifespan of a cold. The best way to get your C is by eating it, and citrus fruits, leafy greens and bell peppers are great sources. Honey has natural antiviral and antimicrobial properties, and it suppresses coughs, so put that sweet sauce in your tea or just take a spoonful. And the benefits of chicken soup are real! Hot liquids reduce mucus buildup and keep you hydrated, and chicken soup has anti-inflammatory properties. Make sure to get your probiotics, too, as they keep your gut and immune system healthy and can reduce your chance of getting sick in the first place.

Source: Dr. Suhyun An (drsuhyunan.com)



5K & 1-Mile Fun Run/Walk
December 7, 2019 • Chico, CA

Come Join Us for the 4th Annual Santa Shuffle
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Saturday, December 7th
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Start Time: 8:30 a.m.

Registration is open at: RunSignUp.com

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Homemade Holiday Pies Order Early!

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NVCSS Diverse Minds 2019

North State Journal Release Party

Wednesday, December 11

1pm – 3pm

Chico’s Veterans Memorial Hall

554 Rio Lindo Avenue

Appetizers and refreshments will be served.

Experience the creativity of the Iversen Center community.

Celebrate the artists among us as we present the Diverse Minds North State Journal for 2019, comprised of items submitted by 50 artists and authors, who each are affected by mental health matters.



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