

Wild Adventures, Wild Birds!

We had it all at the 2020 Snow Goose Festival of the Pacific Flyway!



A most heartfelt THANK YOU to all sponsors, workshop presenters, field trip leaders, participants and the amazing dedicated, hardworking and very talented steering committee members and volunteers who helped organize and plan this celebrated regional event.

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THE SNOW GOOSE FESTIVAL WOULD ALSO LIKE TO GIVE SPECIAL THANKS TO all the businesses, groups, and individuals, who donated to the silent auction and to California Conservation Corps, Sacramento National Wildlife Refuge Complex, Rancho Esquon, Big Chico Creek Ecological Reserve, Sohnrey Farms, Cole Farm, Book Family Farms, Maywood Organic Fig Farm, Black Butte Lake, Chico Certified Farmers Market, Chico Creek Nature Center, Iris Software, Inc., Mission Linen Service, Museum of Northern California Art (monca) Llano Seco Rancho, Divide Ranch, City of Chico, Kidd Biological, Inc. and H. T. Harvey & Associates, Ecological Consultants, Mathews Farms, The Nature Conservancy, Richvale Natural Foods, and National Charity League, Inc

See you all at next year's 22nd Annual Snow Goose Festival
of the Pacific Flyway • January 27 – 31, 2021

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HEALTHILINES CONTINUED FROM PAGE 12

About the article:

This is an abridged version of a story produced by Cal Matters, an independent public journalism venture covering California state politics and government.

would impact safety and called for modifications to “ensure lay individuals are not interfering with the practice of medicine.”

Physicians note that nurse practitioners have not undergone the same intense, years-long training that doctors go through. Physicians for Patient Protection argues that the bill would put patient safety at risk because nurse practitioners complete only a sliver of the hours of clinical training, especially via online programs, compared to the medical school and residency requirements of physicians.

The American Academy of Emergency Medicine, another opponent of the full independence of nurse practitioners, also argues that their training is not equivalent to doctors.

“NPs cost less than physicians,” writes academy president David Farcy in a letter to members. “Hospitals and urgent care centers that are focused on profits are looking for cost-cutting options. Independent practice for NPs certainly fits that requirement.”

Wood stressed that his bill requires additional education and certification before nurse practitioners can assume more treatment authority, and even more training for those who want to set up their

own clinic.

“There’s a lot of guardrails here,” Wood said. “This isn’t just every nurse practitioner who has ever graduated is going to be able to come in and do this.”

When states grant nurse practitioners “full scope” authority, they allow them to evaluate patients independently, order diagnostic tests, manage treatments and prescribe medication.

Patrick Kallerman, research director for the Bay Area Council Economic Institute, estimates that California would replicate the experience of other states in which expanding the authority of nurse practitioners has increased patient access and lowered costs, saving California about \$400 million a year.

“In no way are we saying that nurse practitioners should replace doctors,” Kallerman said. “What we are saying is that we have this workforce of highly trained, highly qualified individuals and we should let them practice to the full extent of their training.” □

WEEKLY DOSE

Sleepy tee

Having insomnia? Don’t reach for the medicine cabinet. Dig through the dirty hamper instead. A new study by the psychology department at the University of British Columbia in Vancouver has found that the smell of a lover’s shirt can help improve sleep. The findings show that participants who slept on a pillow covered with a T-shirt previously worn by their partner for 24 hours had an average sleep efficiency improvement of 2 percent—about the same effect as taking a melatonin supplement. The 155 subjects were given two identical shirts to use as pillowcases—one worn by their “romantic partner” and one that was clean or worn by a stranger—and spent one night with each, not being told which was which. Even though their partners weren’t present, researchers surmised that “the mere scent of a partner” might create “a sense of safety, calm and relaxation.”

