

# Supporting forest science curriculum

Hi, Kae

These stories are wonderful.

I can relate to one of the stories in which a participant at the SLT GP meeting asked why the LTCC doesn't have forestry in the curriculum. I've given numerous talks at the Tahoe Issues Class over the years. They used to have a wilderness program that was much more hands-on. I think there's definitely interest among the agencies in the basin with forestry expertise to assist with educating students on forest science, but that would have to come with the hiring of a professor or even an instructor.

Cheers!

David Fournier, Meyers

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## Gaines fights to keep El Dorado County park open



Ted Gaines

**Publisher's Note:** *The following is a letter Assemblyman Ted Gaines, R-Roseville, wrote to Gov. Arnold Schwarzenegger urging him to reconsider his decision to close Marshall Gold Discovery State Historical Park in El Dorado County.*

Dear Governor Schwarzenegger:

I strongly urge you to reconsider your decision to close Marshall Gold Discovery State Historical Park. The closure of this park will threaten public safety and devastate the local economy in my district. It will also have far-reaching and detrimental effects from historical preservation, cultural and educational perspectives.

The economic hit of the park's closure would spread far beyond that of El Dorado County. In addition to the effect on local tourism, businesses such as rafting, horseback riding, and local shops will be devastating. This is not the time to be driving small businesses to shutter their stores and adding to our already high unemployment numbers.

This park is extremely important to the overall economic success of El Dorado County. The people that visit the park also visit local wineries, Apple Hill and surrounding attractions. This closure will damage our entire County's economy.

Another concern for closing the park is the historic Highway 49 that runs right through the middle of the park. It will be problematic at best to prevent people from continuing to access the park, causing serious health and safety risks. The risk of having a curious family enter the park unsupervised and being hurt would alone warrant keeping the park open.

Marshall Gold Discovery State Historic Park marks the discovery of gold by James W. Marshall at Sutter's Mill in 1848. After Marshall's discovery the hamlet of Coloma

swelled to over ten thousand in 1849. The Park includes an operating replica of Sutter's Mill and the Gold Discovery Museum giving students and individuals the telling story of Marshall's discovery.

California's historical legacy began at this park and it offers over seventy thousand 4th graders each year the chance to see and touch one of the most important pieces of California history. To close this park is to deny our heritage and deny school children from around California the opportunity to see this pivotal historical spot.

There are other options to consider than closing the park entirely. Local community leaders, business owners, and education groups have all expressed a sincere desire to find a way to help keep the park open.

Marshall Gold Discovery State Historical Park is where California began its rise to greatness. Please do not let it be where it also starts its decline. I urge you not to threaten an important piece of California history and to instead exhaust every option, such as public private partnerships, to ensure that this park remains open.

Sincerely,

*Ted Gaines*

*Assemblyman, 4th District*

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## **County superintendent speaks**

# out on school closures

Letter to the Editor:

As you are may be aware we had school closures that occurred with three schools in the El Dorado Hills area on Friday because of an odor that resulted from a sealant applied to the Oak Ridge track. Folks did an exceptional job of evacuating approximately 2,300 students from Oak Ridge to the LDS Church on Green Valley Road, approximately 1,000 students from Rolling Hills Middle School to Brooks Elementary and approximately 700 students from Silva Valley to Oak Meadows. The Rescue School District also offered their buses to help in the evacuation. After students were evacuated, Raley's and Nugget markets donated water for students and the El Dorado Hills Fire Department picked up and delivered the waters. Peanut butter and jelly sandwiches were delivered to the LDS Church for high school students, and grilled cheese sandwiches were delivered to the elementary schools for the Buckeye District students. Both districts' food service programs kicked into high gear to make this happen. Students were then picked up by parents or delivered home by the transportation departments that responded admirably.

Environmental testing has continued to occur on all three campuses and no substances have been detected of concern. The county's Environmental Management Department, under the direction of Gerri Silva, has been on the school sites from the early morning hours of September 18 and continued to work with schools, the Office of Emergency Services, the Sheriff's Department, the Fire Department, and Public Health to ensure that there was no risk for students, staff and the community. What was most impressive in the response was the cooperation among all departments and agencies. Even though there was not a detection of substances that would cause concerns for the community health, the decision was made to take a precautionary stance and to close the schools. Schools

stayed closed, and the CSD park also closed over the weekend, again just to be precautious because if there were any substances in the air that would be of a health concern, children playing and breathing harder would be at greater risk.

The equipment available from both the county and the state of California that could test the particular substances that would cause a health concern could only measure the presence of these substances at a certain level. Because all agencies desired to ensure that there were no harmful substances present in the air, the USEPA was called in to provide the sophisticated measurement equipment that could measure to a more finite level. The federal EPA responded by bringing in a team from Las Vegas and had equipment shipped overnight from a variety of sites to ensure that we had the equipment that could test for harmful substances and could be used in the field and provide real time information. The EPA testing on Saturday afternoon into the evening again did not detect any issues of concern. After meeting with all departments and agencies on Saturday evening, the decision was made to continue sampling and monitoring the air on Sunday by collecting samples that would be sent for analysis. This was essentially the third level of review that was conducted to protect the health of our community.

After reviewing the results of the additional testing that had been completed on Saturday and discussion with the federal EPA team, under the direction of Michelle Rogow, the Public Health Officer, Environmental Management Director, Gerri Silva, and the Fire Prevention Specialists, Walter Jukes and Battalion Chief Brad Ballenger, the decision was made with the school districts to open school on Monday.

In addition to commending the county departments and agencies that were engaged in this issue, the three campuses are to be applauded for their handling of a difficult situation. Principals, teachers, and support staff all worked together to

ensure that children were safe and that parents were informed of the status of the schools. Superintendents Terry Wenig and Sherry Smith are to be congratulated for having put in place teams that can effectively implement the Safe School Plans and communicate in a timely and accurate manner with parents. There was tremendous cooperation and support from all involved. Again automated telephone and e-mail messages were used throughout the process to keep parents informed of the issue.

We would never want to have to execute the Safe School Plans, but it is comforting to know that we have staff trained, cooperation and relationships between departments and agencies to ensure effective communication, and procedures ready to respond to emergencies. As we always do, a debriefing will occur with all the agencies involved to discuss how we can continue to improve in our emergency response. Thanks to all that gave so many hours and assistance to make this work.

**Vicki L. Barber, El Dorado County superintendent of schools**

**September 21, 2009**

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## **Clarity of Tahoe – making a difference**



Joanne  
Marchetta

**By Joanne Marchetta**

Despite the implication of the term clarity, it has its nuances. It can mean “the quality of being clearly expressed,” which is critical for those of us in the forefront of the effort to restore and preserve Lake Tahoe. After all, if our intentions are not clearly understood, we have difficulty gaining the support needed for success.

Then, there are secondary meanings such as “clearness in what somebody is thinking,” or, “the quality of being clear in sound or image.”

Finally, clarity can mean, “having a transparent quality.”

A primary meaning of the word “clear” is for something to be “free from anything that darkens or obscures.” All of these definitions and meanings have relevance to Lake Tahoe and its future.

A generation ago, before the development in the 1970s was going unchecked, Lake Tahoe’s water clarity was measured at an average annual depth of about 100 feet. Today, the clarity stands somewhat obscured at approximately 70 feet. Much of the collective effort over several decades at Lake Tahoe has centered around restoring the Lake to that 100 foot standard.

In the first decade of the Lake Tahoe Environmental Improvement Program, initiated for Tahoe in the mid-1990s, about \$1.4 billion has been spent on restoration efforts, about half of it on projects designed to improve water quality. Because of that investment, we appear to have turned a corner toward our goal.

The rate of Lake clarity decline has flattened. Additionally, most of the indicators we use to gauge the overall

environmental health of the Basin are moving in a positive direction. With a more clear scientific understanding today of how to tackle the problem, we are confident that we can and will complete the job.

In July, the TRPA Governing Board endorsed the first comprehensive update to the original EIP. The update spells out about \$2.5 billion in added environmental investment required to continue the commitment over the next decade. Water quality, watersheds and habitat improvements will account for more than half of that continued restoration work. We also are moving forward with an updated Lake Tahoe Regional Plan that will act as a blueprint for achieving environmental standards.

Without a doubt, \$2.5 billion is a lot of money. The states of Nevada and California , the federal government, local jurisdictions and the private sector will be called upon in coming months and years to be financial partners in this effort in much the same way that they stepped up during the first decade of the EIP to invest in environmental projects throughout the Basin. As we move forward, we owe it to all who have a stake in the Lake to clearly articulate why clarity is important, what it will take to get there, and why the investment will be worth it.

Ten years of scientific research now reveals that Lake clarity is a meaningful indicator of how compatibly we are living with the land. Fine sediment and nutrients flowing mostly from already developed sites reach the Lake, reducing water clarity. The losses are tied to our past land use choices. A 50-year-old motel and blacktop parking area built in a stream zone, for example, probably ought never to have been located there. Because of much better scientific information, we know that now. But many of these structures were built in that very fashion during the Squaw Valley Olympics boom period. We built on 75 percent of marshes and 50 percent of natural meadow areas before TRPA had a regional environmental plan in place.



This is one reason why land use in Tahoe is so tightly controlled.

There exists a cap on what can be built or added in the Basin, along with incentives to relocate existing development off of sensitive land. Let's be clear: the reason we have policies that incentivize moving structures from old properties to new is for the environmental benefits that are realized when old buildings are removed from land that can be restored to benefit the Lake. The incentive is not as some suggest to foster new and additional development; it is to foster changes to the existing built environment for environmental gain. This is one way we can promote revitalization and restoration through private investment.

By compelling commercial and residential property owners to do erosion control work or "best management practices" (BMPs), we further benefit the Lake. BMPs also account for most of the private investment in Lake clarity needed under the EIP. We should also be clear that neither revitalization nor BMPs alone can be the panacea to achieve our environmental goals. But these measures to be sure are a critical step that each of us can take toward environmental progress.

The newly updated EIP charts a clear course of environmental investment for the Lake Tahoe Basin over the next 10 years. It includes critically important strategies for keeping the Lake clear of aquatic invasive species such as quagga and zebra mussels. The EIP also spells out our plans to step up efforts to reduce the risk of catastrophic wildfire by clearing our forests of built up fuel. By realizing both environmental and economic goals, our communities will remain viable enough to meet their part of the commitment to invest in the continued environmental protection of Lake Tahoe.

We must clearly explain now to those who we are asking to re-up (and increase) their financial commitments to the Basin why continued restoration and preservation will be worth it. Would

you continue to invest if you held little hope for the vitality of the environment, economy, or social future of Lake Tahoe? The alternative – giving up on clarity after all we have accomplished thus far – is clearly not an option.

*Joanne Marchetta is executive director of the Tahoe Regional Planning Agency. For more information, visit [www.trpa.org](http://www.trpa.org).*

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# Swine flu update from EL Dorado County



El Dorado  
County  
Health  
Officer  
Olivia  
Kasirye

## **By EDC Health Services Department**

El Dorado County health officials are continuing to monitor swine flu activity in and are reminding individuals that frequent hand washing and staying home when sick are still the best ways to prevent the spread of the virus.

Health officials are also advising parents of schoolchildren

and business owners to be prepared for a potentially tougher flu season this year than in years past.

“Since last May when the first case of H1N1 was reported in our county, we have continued to receive reports of cases throughout the summer,” said El Dorado County Health Officer Olivia Kasirye. “With the fall and the regular flu season fast approaching, we are asking people who develop flu-like illness to stay home to reduce the spread of flu viruses and keep everyone healthier. If you or your child gets sick with a fever of 100 degrees or more, with a cough, you should stay home until your fever is gone for at least 24 hours. Employers need to be vigilant about telling employees to stay home if they are sick, and should send home any employee who develops flu symptoms.”

Kasirye adds that if a person has severe flu symptoms, such as difficulty breathing or dehydration from vomiting and/or diarrhea, they should seek medical advice. Pregnant women and people with chronic health conditions (such as a respiratory condition, immune disorder, or diabetes) should seek early medical care if they get the flu.

As of Sept. 3, there have been 23 confirmed cases of H1N1 infection in El Dorado County, although it is believed that more cases are circulating in the community. “The majority of H1N1 cases have been mild and similar to seasonal flu,” Kasirye said. “We are continuing to see that people with underlying medical conditions are most at risk.” There has been one H1N1 related death in El Dorado County in an individual who had underlying medical conditions.

“We are working closely with the state Department of Public Health to receive updates on vaccine production and distribution,” said Kasirye. “We expect to get the H1N1 flu vaccine in mid- to late October at the earliest. In addition to our local health department, we anticipate that some health care providers in the community will have the H1N1 flu vaccine

available. The initial allotment of vaccine is expected to be limited, so those who are at highest risk will be offered the vaccine first before it is made available to others. It is important to point out that the vaccine may not be recommended for everyone.”

Currently, health officials are not routinely closing schools where cases of seasonal flu and H1N1 infection are identified.

“In most cases, schools should be able to remain open, however we are strongly urging children and school staff to stay home, or be sent home, if they develop flu symptoms and until their fever is gone for at least 24 hours. This will help keep other students and staff from becoming ill.” said Kasirye.

Health and school officials will continue to monitor the situation, and if there is a need to close a school, parents will be notified. The Health Services Department has a Flu Watch system in place with local schools to track flu cases; school nurses send in weekly reports of student absences due to flu.

“If a child misses school due to the flu, please let the school know so that it gets noted in the school’s flu report,” said Kasirye.

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## **Sustainable food initiatives gaining traction in Tahoe**



**By Garry Bowen**

In the past year, the city of South Lake Tahoe has launched initiatives geared to taking the community in sustainable directions. First, they created a Sustainability Action Plan, followed by the creation of a Sustainability Commission, currently engaged in discussions about SLT's coming-of-age. There are 10 items in the sustainability action plan, and the Commission has deemed four of the 10 as worthy of prioritization as their first focus, and item No. 9 is my subject.

Nationally, September is Organic Harvest Month, which affords a good time to look at No. 9 – Healthy Food Systems, as it can and will positively affect the overall health for most of South Shore's citizenry. Food and sustenance are subjects important to all residents, and anyone else who ventures into town as our guest, as our reputation for hospitality and vitality are at stake, whether dining at home or at one of our many restaurants, either outside or within casinos.

The Organic Trade Association, which introduced and has sponsored Organic Harvest Month since 1992, notes that "organic" stands for a commitment to an agricultural system that strives for a balance with nature, using methods and materials of low impact to the environment. Organic production systems are designed to replenish and maintain soil fertility, eliminate the use of toxic and persistent chemical pesticides and fertilizers, and build a biologically diverse agriculture. Sounds like the issues we deal with all the time here, under agency domains.

Sustenance and sustainability are intricately tied together,

as the current health care quagmire “ now almost 100 years old “ doesn’t make very clear. Lost in the Washington stakes of high financial and political conversation are the simplest family values of taste, nourishment, and health. South Lake Tahoe can now regain what’s lost by contributing to each other in neighborly ways, something which will play an important role as an emerging sustainable community. If we can think of sustenance as an essential building block of living sustainably, then the connection of healthy, fresh food to a vibrant community becomes more and more obvious “ especially here.

Just last week, in a *New York Times* op-ed piece, renowned food writer Michael Pollan (“Omnivore’s Dilemma”; “In Defense of Food: An Eater’s Manifesto”) made significant connection between the current health care debate and the need to change our way of feeding ourselves.

In a piece titled “Big Food vs. Big Insurance”, he says “that even the most efficient health care system that the administration could hope to devise would still confront a rising tide of chronic disease linked to diet.” These comments make SLT’s sustainability action plan item No. 9 a potent crystal ball in recognizing that determining a local future needs consideration right now.

“Working toward a vibrant and regional food system that connects fresh, healthy food to residents, grocers, casinos, and restaurants can now realistically be an objective with tangible, long-term benefits, as a sustainable economic development tool “to build health and wealth.”

Looking at a couple of other points within No. 9, one of them says, “Design a permanent year-round public market in the city to serve as a community gathering place”. Others encourage “gardening in good soils, with access to water and sunlight”, “organic food supply”, and “locally-owned and ecologically-sound storage and distribution

infrastructureâ€” while yet another calls for â€œproviding assistance connecting food establishments with consumers and producersâ€”. This writer, with the help of some key people in the region, will soon propose a comprehensive idea to cover all of the above points, and do it in a way that will be fun and engaging for the entire South Shore community. For example, the â€œcommunity gathering placeâ€” can and will also foster youth educational programs, so that our youth will be equipped to comprehend our worldâ€™s natural offerings â€” by engaging our next generations with what a community can actually do for itself.

Why are these directions not only smart, but very important to our communityâ€™s fate? As Pollan notes further, we currently spend nationally \$147 billion treating obesity, another \$116 billion to treat diabetes, and several hundred billion more treating cardiovascular disease, all of which are diet-related. Putting it another way, our government is â€œnow putting itself in the uncomfortable position of subsidizing both the costs of treating Type 2 diabetes and the consumption of high-fructose corn syrupâ€”. A system that will clearly be unsustainable for years to come â€” reducing the above categories of cost are better done preventively, town-by-town. Add them all up, and they begin to total at least three-quarters of the estimated \$900 billion cost of reform, but without more nourishment. Lowered costs do not necessarily translate into better health, or an engaged community.

The opening statement of Healthy Food Systems states that â€œclimate and elevation make local food production a challengeâ€”, which of course meant that that was the first consideration in taking on the challenge of convening the right elements (beyond â€œsoil and access to water and sunlightâ€”). We are very fortunate to already have extensive expertise in these areas, including minimal transport issues, and ongoing deposition of both our forest waste and our food wastes into compost amenable to high-elevation growing, in

providing copious amounts of our own food.

Although it will take a while to accurately quantify actual benefits, it nevertheless resonates that better nutrition, less transport (or import), better taste and color, and lower overhead will all translate into a community shift of resources that will revive and enhance community spirit in many ways. Many citizens can contribute and participate in ways vital to their own health and well-being, and that of their neighbors, to the betterment of all who want the most livable place.

Finally, to better understand the local issues of either the "locavore" or slow-food movements, it is important to underline the importance of unnecessary transport. It is estimated that, for a number of vegetables and fruits, natural sugars (i.e., the nutritional energy) are reduced every 24 hours by a factor of as much as 50 percent. This is the issue with color, taste and nutrition " we don't always get full value from the money we spend for produce. Or the nutritional value we need to lead healthy, productive lives " this is the promise of Healthy Food Systems that the City has afforded us, which offers the following meaning: "Real community wealth is achieved when people combine energy and effort to manifest a sustainable future" . . . for themselves and others.

*Garry Bowen has lived on the South Shore of Lake Tahoe most of his life. He has an extensive background in global sustainability issues. To contact, comment, or find out more, email [tahoefuture@gmail.com](mailto:tahoefuture@gmail.com) or call (775) 690.6900.*

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# Recovery month is about kicking the habit

By EDC Health Services Department

September is National Recovery month – a time to highlight the issue of alcohol and drug use, and the hope that comes with recovery from addictions.

“El Dorado County, like other places across the United States, has its share of people who are struggling with drugs and alcohol,” said Shirley White, program manager for El Dorado County Alcohol and Drug Programs. “The worsening economy has not helped, as people who are having a hard time financially may turn to drinking or substance abuse as a way to cope or escape.”

The federal Substance Abuse and Mental Health Administration estimates that 23.2 million Americans aged 12 or older currently need treatment for a substance abuse disorder. Many baby boomers (Americans born between 1946 and 1964) are continuing to use illicit drugs as they grow older, causing the rate of illicit drug use to go up in the 50 to 59 year old age segment of the population. And although the rate of illicit drug use among youths aged 12 to 17 has declined in recent years, young people are starting to use substances at an earlier age.

The campaign, which celebrates its 20th anniversary this year, emphasizes the need for communities to work together to educate people and their families about substance use disorders, and to support people in their recovery efforts.

“People experience recovery in different ways,” said White. “Some recover on their own; others recover through treatment and/or the assistance of self-help, mutual aid groups, or medication-assisted therapies. Addiction is a disease, and

just like any other chronic illness, it can be recovered from. The support of family, friends, employers, and other concerned community members can help make recovery lifelong.”

In El Dorado County, there are a number of different substance abuse treatment options. El Dorado County is fortunate to have many recovery support networks and collaborative partners that offer a range of services such as residential treatment, individual and group counseling and community based support groups. Some of the programs are geared specifically for women or men, while others offer programs tailored to youth. These partners include:

EDCA Lifeskills, (530) 622.8193

New Morning Youth and Family Services, (530) 622.5551

Progress House, (530) 642.1715

Family Connections, (530) 626.5164

Sierra Recovery Center, (530) 541.5190

Tahoe Youth & Family Services, (530) 541.2445

El Dorado County also has programs such as Proposition 36 Drug Court, Dependency Drug Court, Juvenile Drug Court, DUI Drug court and other programs designed to give the individual the opportunity to access substance abuse treatment. “In addition to traditional treatment services, a well rounded recovery support network complements this process and is central for successful rehabilitation from substance use,” said White.

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# ZCES teacher needs assistance

Dear Publisher,

I am writing to you to ask your help regarding a newspaper article letting our community know that Konnie Susich, our dear friend and 20-year kindergarten teacher at Zephyr Cove Elementary School, has multiple myeloma.

You can learn more about this cancer at [www.multiplemyeloma.org](http://www.multiplemyeloma.org) She has been undergoing treatment at Huntsman Cancer Institute (University of Utah). For more information about her treatment, you can read her journal at <http://www.caringbridge.org/visit/ksusich/journal>

There are many costs associated with the treatment, which her insurance does not cover. Her estimated out of pocket expenses over the next 2½ years is approximately \$23,000. Due to the risk posed while her immune system is weakened, she cannot teach or be near children at all during the first six months of treatment. She greatly misses her kids!

We want Konnie to focus all her energy on getting well, without having to worry about financial concerns. To assist her, my husband, Lawrence Howell, and I have set up a donations account at Wells Fargo Bank (Account #2553092657). Donations can be taken to any branch. Checks can be made payable to Choice Corporation/For the Benefit of Konnie Susich.

We have scheduled a fundraiser at Round Hill Pines Beach for Sunday, September 20th from 4 to 8pm. This spaghetti dinner will be \$25 per adult and \$15 per child. Tickets are available at the door. Harrah's has generously donated the food. The Forvilly Family has generously donated the venue.

If any one would like to help with fundraising efforts, they can contact me, Heather Howell at [htiernanh@gmail.com](mailto:htiernanh@gmail.com)

Thank you for your help,

**Heather Howell, Nevada**

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# **Jaycee Lee Dugard and rape trauma syndrome**



**By Anna K. Richter**

South Lake Tahoe Women's Center's board, staff and volunteers were thrilled to hear the news that Jaycee Lee Dugard was alive, and our hearts went out to her the instant we learned she had young girls, ages 15 and 11. Doing the math, we recognized instantly that Jaycee Lee had been sexually assaulted. We spoke together as a staff about what she and her daughters and family are likely to go through along the road to healing.

The Department of Justice reports that a woman is raped in our country every 2 minutes. Since rape is one of the crimes least likely to be reported to law enforcement, it is likely happening more often.

We can only speculate on the details of what happened to Jaycee Lee over the past 18 years, but survivors of sexual assault often experience what is called Rape Trauma Syndrome. The progression from the first stage, the acute stage, to the adjustment and normalization stages can take years.

Considering the unique circumstances of Jaycee Lee's isolation and the extremely high level of mental manipulation that may have been used as a tool by her alleged abuser, it is likely she may have only just begun to understand the level of emotional, physical, sexual and psychological abuse she has endured. It may be a while until she can grasp the depth of what she has been through.

The trial will expose the details, and the trial itself is likely to be extremely emotionally and physically taxing, draining and painful for Jaycee, her daughters, and their support system. On top of the trauma of the past 18 years, Jaycee will face the horror of having these experiences as a part of public record – deeply personal accounts of the abuse are likely to reach the public, and the shame, guilt and self-blame she may feel will likely be amplified by this public exposure.

Every survivor's experience is different, but just after the assault, the acute stage of Rape Trauma Syndrome can last from a few days to several weeks or more. Survivors often experience emotional shock, wonder how the assault could have happened, and express things like, "I feel so numb, why can't I cry" or feel shame, self-blame and guilt. They may experience paralyzing anxiety, anger, and even dulled sensory and memory functioning. They may also react with hysteria, or even hypervigilance and experience exhaustion that often accompanies it.

After the initial shock and numbness, victims often move to what is called the adjustment stage, which can last for years. In this stage, victims face many challenges because the outside world expects them to resume their normal lives, but they suffer from a host of emotional and even physiological responses to the abuse they suffered. They may experience depression, feelings of powerlessness, anxiety, mood swings, flashbacks, insomnia, headaches, pain, suppressed or ravenous appetite, and extreme distrust. They may sometimes also

withdraw from friends and family and have a difficult time resuming daily life activities, or may actively work to suppress any and all thoughts of the assault from consciousness, trying to blot it out completely.

Phobias sometimes develop, such as a fear of being alone or fears related to the characteristics of the assailant like curly hair, the smell of alcohol or cigarettes, a type of car, paranoia about strangers, or even a global fear of others.

It may seem counterintuitive, but some survivors will try to push others away. Survivors will need unwavering support, flexibility and understanding from friends and family at this time.

In Jaycee Lee's case, her support system will be invaluable as she works to integrate her history into her life and begins to move on to a new life, one that she has the power to define for herself.

The final stage of Rape Trauma Syndrome, the normalization stage, can take many years for a survivor to reach. At this time, the victim integrates the event into his or her life history; the physical and physiological reactions to the assault no longer control daily experiences.

Survivors acknowledge the guilt and shame they feel but let go of feelings of self-blame – they have learned the tools they need to regain a sense of control and power over their lives.

It is our hope at South Lake Tahoe Women's Center that Jaycee Lee Dugard will have access to the very best support from friends, family, and professional counselors and programs to find ways to begin to heal from this experience. While it may seem like healing from such trauma is impossible, we must remember the incredible strength and courage that it took for her to survive the past 18 years.

Jaycee Lee Dugard is a survivor, and with time, and the

support of her loved ones and her community, she will heal from what she has endured.

*Anna K. Richter is development director at South Lake Tahoe Women's Center.*

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## **Fallen Leaf woman questions legalities of account**

***Publisher's Note: The following is an excerpt from a communication to the El Dorado Community Foundation from a Fallen Leaf Lake resident.***

I am very concerned about a fund you recently started for Fallen Leaf Lake Community Services District. It is my understanding that the fund has \$30,000 deposited and another \$52,000 pledged.

I want to inform you of the role of this fund in the politics of the Fallen Leaf Lake Community Services District (CSD) and the extent to which the fund is being used for purely political purposes. At the September 5th meeting of our CSD, Director Mike Kraft was very clear that it was money coming from your foundation that would enable the CSD to directly manage its store and marina facilities, replacing the current concessionaires who have been in place for 14 years and who have the overwhelming support of the Fallen Leaf Lake community.

In fact, the entire purpose of the recently set-up fund was to influence the outcome of the CSD vote on September 5th, a vote which was to determine whether to move forward with a renegotiated contract with the current concessionaires, or to

implement a CSD-run operation. Director Mike Kraft referenced a letter from your foundation and clearly stated to the community that without the funds from your foundation, he could not vote for a CSD-run operation because the financial risks would be too great; however, with the money from your foundation, anonymously donated and only to be released if the CSD voted to for a CSD-run operation of the store and marina, he could vote for what he and a small minority (donors?) of the community wanted. The money coming from your foundation most definitely influenced the political process of the meeting and the outcome of the final motion made, seconded, and voted upon.

This fund which you have established was set up for the purpose of manipulating the political process at the September 5th meeting of the CSD. As you know, California and Federal law prohibits 501C non-profits from actively participating in political activities unless they are specifically incorporated as a political action committee.

The activities at the September 5th CSD meeting were serious enough to potentially jeopardize the non-profit status of your foundation. I know your foundation does incredible work, and I have absolutely no desire to put your foundation at risk. I do request that the particular Fallen Leaf Fund be closed, and its funds returned to the anonymous donors.

Thank you for understanding the seriousness of this situation. Please inform me of the action you will take on this matter.

Sincerely,

**Elizabeth Spurlock, Fallen Leaf Lake resident**