

Get going! Move!”

Bryant said she knows she needs counseling, but life’s been too full of other decisions to seek it out.

In a 2017 study published in the Journal of the American Medical Association Psychiatry, Galea and colleagues found that one way to address the psychological consequences of disaster is through “stepped care,” which screens survivors as they move through the recovery process, “so that you can direct them to the care they need, when they have that need,” said Galea.

Providing regular mental health treatment—including practical approaches like cognitive behavior therapy—is one of two key steps to recovery. The other, Galea said, is through restoring a community’s social and economic functioning.

Peek, the sociologist, who studied PTSD after Hurricane Katrina, said for those who want to return to Paradise, participation in community-wide conversations is essential.

Virtual town halls helped people displaced by the 2005 hurricane participate in the recovery, Peek said. “It was those moments of connection and the sense of cultural familiarity that sometimes made a

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big difference in terms of the emotional healing process,” she said.

The town of Paradise Facebook page seems to be filling that role. In addition to providing notices about building regulations, safety issues and where to get free drinking water, it’s acting as a public forum where people can participate in live planning meetings and discussions about the town’s future.

For Holcomb, though, there will be no going home to Paradise. She is healing—getting treatment for PTSD symptoms and, thanks to a thoughtful person who put the backpack she’d left on the median back in her burned-out truck, she recovered some of her family’s treasures.

But Holcomb won’t rebuild, she said. She is instead looking for a home in a farming community with trees in orchards that can resist a wildfire.

“I can’t live in the forest again,” she said. “I just can’t.” □

This guy saves you money.



**The dirty dozen**

As the turn of the season brings a new crop of produce to the market, it’s a good time to research the types of fruits and vegetables in need of the most washing due to pesticide residue. According to the Environmental Working Group, close to 70 percent of the produce sold in the U.S. carry pesticides. This doesn’t mean you shouldn’t eat your veggies. There is a “clean fifteen” list for produce with negligible to no pesticides, such as avocados, corn, pineapple and onions. To stay on the safe side, the EWG suggests soaking and washing all of your produce thoroughly and splurging for organic, when possible. And, remember, you always can grow your own! Here is the 2019 list of dirtiest produce:

- |                 |              |
|-----------------|--------------|
| 1. Strawberries | 7. Peaches   |
| 2. Spinach      | 8. Cherries  |
| 3. Kale         | 9. Pears     |
| 4. Nectarines   | 10. Tomatoes |
| 5. Apples       | 11. Celery   |
| 6. Grapes       | 12. Potatoes |



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