

# At Rape Crisis, we are no stranger to helping our survivors who struggle with PTSD

- 24.4 Million People in the United States suffer from PTSD.
- Approximately 50% of Adults living with PTSD also struggle with substance abuse
- 94% of rape survivors will experience PTSD
- 51% to 75% of women who are survivors of intimate partner violence will experience PTSD
- 100% of children who witness a parental homicide or sexual assault AND 90% of sexually violated children develop PTSD

NOT ALL  
WOUNDS  
ARE VISIBLE

June is PTSD  
Awareness Month

## SYMPTOMS OF PTSD:

- 1. Experienced traumatic event(s):** Have you been sexually violated by an acquaintance, family member, intimate partner or stranger?
- 2. In the past month:** Have you experienced nightmares about the event(s) or thought about the event(s) when you did not want to?
- 3. Avoidance:** Have you tried hard not to think about the event(s) or went out of your way to avoid situation(s) that reminded you of the event(s)?
- 4. Hypervigilance:** Have you been constantly on guard, watchful, or easily startled?
- 5. Isolation:** Have you felt numb or detached from people, activities, or surroundings?
- 6. Self-Blame:** Have you felt guilty or unable to stop blaming yourself or others for the event(s) or any problems the (event(s) may have caused?

## PSYCHOLOGICAL SYMPTOMS OF PTSD:

- Anxiety • Avoidance • Depression • Distrust • Emotional Numbness • Fear
- Flashbacks • Nightmares • Panic Attacks • Phobias • Poor Concentration
- Self-blame • Substance Abuse • Suicidal Ideation

## Here at Rape Crisis we help our clients learn PTSD Coping Strategies:

- Counseling • Exercise • Journaling • Lifestyle Changes
- Mindfulness • Spending time with Family/Friends

We are open and affirming to all regardless of ability, gender, gender identity or sexual orientation.

**Butte/Glenn: 530-891-1331 | Tehama: 530-529-3980**  
**Corning: 530-824-3982**

Virtual Business Hours: M-F 10am-6pm (excluding Holidays)

**24hr CRISIS LINE: 530-342-RAPE (7273)**

Collect Calls Accepted



**Rape Crisis Intervention  
of North Central California**  
aka Rape Crisis Intervention and Prevention

Serving our Tri-County Community Members since 1974

## LETTERS CONTINUED FROM PAGE 4

was Pioneer Week, LOL) that I did what I was typically inclined to do in such circumstances: without a second thought, I went home, packed my bags, then moved to Chico and assimilated into its culture. As an artist throughout all these years, I was always happy and excited when it would grow and improve and disappointed when (in my opinion) it would wane. So I'm delighted and excited to be reading about bringing back the arts.

Victor Youngblood  
Chico

## Not not sarcastic

I note that of California's 53 U.S. Representatives, my favorite, Doug LaMalfa, and my second favorite, Tom McClintock, were the *only* California representatives to vote against the COVID-19 Hate Crimes Act. Apparently, even Devin Nunes and Kevin McCarthy couldn't stomach not voting for it.

Good to see Butte County can pride itself in that Congressman LaMalfa, and Congressman McClintock from the neighboring district, have supported their like-minded colleagues Marjorie Taylor Greene, Matt Gaetz, Mo Brooks, Jim Jordan and Louie Gohmert, all great political thinkers of the 18th century.

Dean Carrier  
Eureka

## Scenic drive no more

Vallombrosa Avenue was designated as a "scenic drive" in the general plan. Staff have made it a major highway in Chico. This roadway is unsafe for pedestrians, children, young families, senior citizens, bicyclists, walkers, school children going to the park on a day trip, wildlife and the environment.

There has not been a speed study for 10 years. The speed limit of 35 mph is too fast for roadway conditions. It has been my experience that people drive 10 to 15 mph, or more, over the speed limit. This is based on my 25 years with the California Highway Patrol. I was a certified speed expert in three superior courts, including Butte County.

There are no crosswalks, limit lines or lane lines; not enough stop signs or deer crossing signs; and all the advisory signs are right on the park entrances. The roadway paint is worn

out and faded and cannot be seen. You have 35 mph advisory signs in curves, which is crazy.

The speed limit should be set at 25 mph. There should be crosswalks at all park entrances for citizens with more stop signs, so we can have a safe scenic and residential neighborhood. The city of Chico has opened the door for criminal and civil negligence and liability.

I do not want a fatal accident that involves a child or an adult because of the unsafe roadway conditions.

Tom Nickell  
Chico

*Editor's note: The author is a former vice mayor of Chico.*

## Ban the bee killers

The bees are dying, and we need to save them. There are 1,600 bee species in California, and 1 in 4 are imperiled. This is important because bees are major pollinators of foods we rely on. However, pesticides that harm bees, like neonics, are in everyday gardening products. Amazon.com is a major carrier of products with these harmful chemicals. Thankfully, we can petition Amazon to stop selling these items.

This is a corporate solution that would take care of the problem at the source. We need support from readers of this paper like you to combat the pesticides killing the bees. Let's call on Amazon to stop selling neonics and save the bees!

Emily McCabe  
Durham

## Correction

In "The one that got away" (Downstroke, May 6, 2021)—a news brief on "Old Brownie," the large fish from the old Barth's Sporting Goods store that's now on display at the Chico History Museum—both the material of the sign and the nature of its disappearance were incorrect. Old Brownie is made of metal and it came down in 1986 when the building was sold. The errors have been corrected in the online version of the story.

## Write a letter

Tell us what you think in a letter to the editor. Send submissions of 200 or fewer words to [cnrletters@newsreview.com](mailto:cnrletters@newsreview.com). Deadline for July print publication is June 22.