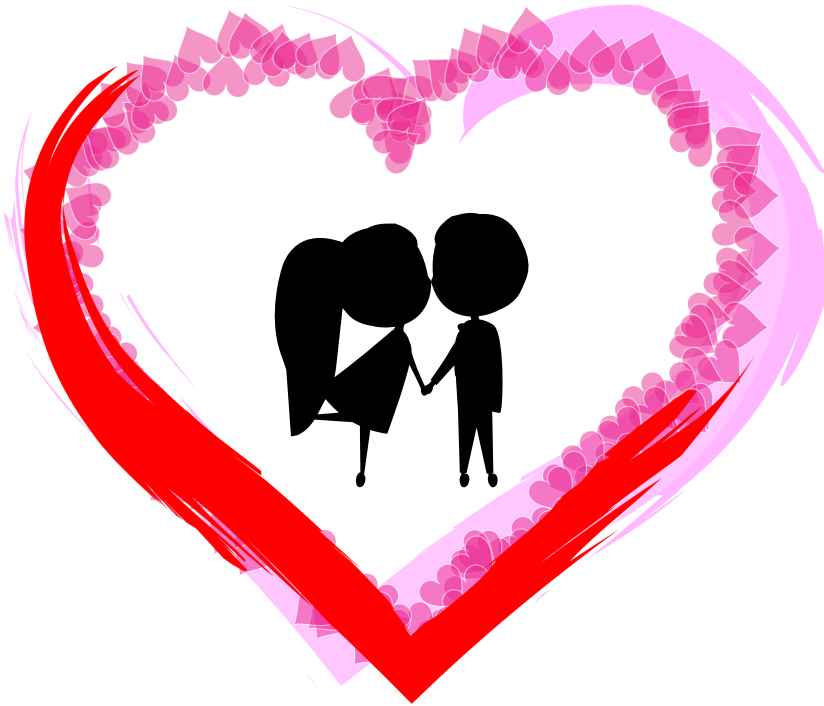




THE '74



VALENTINE'S DAY 2019

BY BLUE BALCITA, EDITOR

We live in an exciting time. Equality can be seen throughout the nation by the numbers of openly LGBTQ people engaging in loving relationships, as well as the masses of people thriving in interracial relationships. There was a time, though, when the world wasn't so open to people who questioned the status quo and what a relationship should look like. In remembrance of those times, let's take some time this Valentine's Day to be grateful for the world we live in now.

Let's look past the greeting cards and heart-shaped boxes of chocolates to be grateful for the freedoms we have now.

But, if you are looking for something to do with your sweetheart this Valentine's Day, may we suggest that you check out some of the mood-setting restaurants we have located around the lake, such as Kalani's at Lake Tahoe, Edgewood Tahoe, or Café Fiore.

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#MeToo

By Blue Balcita



Do you know what it is like to look at the person you love and see hatred reflected back at you? Do you know what it is like to move mountains for a person who wants to destroy you? Do you know what it is like to be afraid? I do, and so do many men and women - young or old, white or black, rich or poor. The world can be a scary place, especially when the person you love doubles as your judge, juror, and at times - your executioner.

For those of you out there who have experienced what I am describing - I write this for you. For us. So that you know you are not alone. Here are their stories:

“My name is B. and I want to tell you about the man that set my world on fire and watched it burn. He was 25 years older than me and he watched and waited until he thought I was 18. The words he used, the feelings he stirred inside of me, and the promise of acceptance he gave that I never knew before, drew me into a 6-month-long web of lies, pain, and tears. I was hurt in so many ways and parts of me were broken. I eventually became so lost that I traveled all the way across the country to see him because he told me to go. All because I loved a man who wanted to destroy me. And I remember, fleeing from his town at 2:00 a.m. one night and sitting on the side of a gas station for hours waiting for a shuttle to come. Wondering how a person like me, someone who tried to be kind and was successful, could fall so far. I was determined to pick myself up, though. At the time, I thought I was so far gone but I wasn't. I learned there's nothing you can't come back from. What I would tell the men and women out there is to not settle for a partner who tries to hurt you, makes you feel crazy, and then tells you that they love you. You're worth more. You're amazing the way you are.”

“My name is K. I have two kids, and their father is not allowed to see them. He lives in Tahoe too and tries talking to the three of us nearly all of the time as soon as we step outside of our house. I am not scared, though...I'm really not. I know that may shock people since my ex-husband would beat me and gaslight me. I even have scars from when he pushed my head into our glass table as he was physically assaulting me. But I am not afraid of him. Do you want to know why? Because I am a survivor. I have my kids; I have to protect them. And I know now that a man/partner who truly loves me wouldn't treat me like that.”

“My name is M. I was born in a time where gay men weren’t allowed to be as free as they are now. I remember my first boyfriend was beaten within an inch of his life for simply kissing me. It was a hard time. A really hard time. Then, I met Prince Charming. He was perfect. He would fight off any person that would try to haze us. Then he would drink and he would hurt me - physically, emotionally, and mentally. Eventually, he would hurt even when he wasn’t drunk. He ruined my life. Then, I picked myself up again. I realized that he wasn’t worth it and that I could and would find someone better. And that’s something that I want the young gay men and women out there to know - you will find someone else, someone better than the partner you’re with who's hurting you. I know because we’re gay it seems like it’s harder. Like the straight people far outnumber us and I know you may just want to give up. Don’t. Wait for the right one. I did. And I have been undeniably and uncontrollably happy with my husband for 44 years now.”

These are just a few of the survival stories of people who made it out of domestic violence relationships. The reality though is that some don’t survive and domestic violence happens all too often. All over America - whether it be San Francisco, New York, or South Lake Tahoe - men and women are suffering from abuse. If you are in an abusive relationship or suffering the effects of an abusive relationship, know it’s not your fault - know that you are not to blame. Every minute, 20 people are victims of intimate partner violence, according to the *Huffington Post*.

If you are reading this and are in a domestic violence situation, please reach out to get help now by calling Live Violence Free at (530)-544-3367, or the National Domestic Violence Hotline at (800) 799-7233.



2018 Without Feminism



By Vasti Aranda

What would have happened if each wave of a feminist movement had never emerged in America or the world? What would have happened if women like Alice Walker, Sojourner Truth and Mary Edwards Walker had not fought for their rights in their respective times? The world as we know it now would not be the same. Nowadays we live in a society where injustice toward women persists despite the fact that, by law, women and men have the same rights, obligations and responsibilities. Where even though human trafficking and slavery are illegal, we keep seeing evidence of these acts. We live in a society where there are still acts of discrimination against people of color and women. It seems that instead of moving toward an idealistic society, we are twisting toward the past. But despite these injustices, we live in a better society than the 19th century saw.

Back then, women and people of color had very few rights, they were exploited in the workplace, and the rules were unfair. Women and people of color had no rights and were only used as objects. There were too many barriers to achieve the same rights as a white man, and one of those barriers was the unscientifically-based thinking that white men were superior.

A 2018 without feminism would be a dystopia – a world stuck with the social norms of the 19th century. It would have been the illusion of a just and happy era.

Or maybe 2018 would have been the beginning of a feminist movement, where as women we would have started to protest where we would have been brutally beaten for trying to make a change, and where we would have even been killed or sacrificed voluntarily for the cause. It's uncertain what 2018 would have looked like without the preceding century of feminism, but what is a fact is that our world would not be anything like what we know it as now.

The first wave of feminism began in the late 19th century, which focused mainly on gender equality, property rights, and overcoming legal obstacles. The main activists of this wave were Mary Edwards Walker, Susan B. Anthony, Lucy Stone, Elizabeth Candy Stanton and Sojourner Truth, who is recognized for being a woman of color, an abolitionist and an activist for women's rights. The second wave began in the 1960s and lasted until the '90s. In this wave, women fought against social inequality, sexuality, family, workplace, and reproductive rights. The search for social and cultural equality was sought.

The outstanding activists of this wave were Alice Walker, Gloria Steinem, Simone Beauvoir, Betty Friedan and Kate Millet, all influential writers about the movement. The third wave began in 1990 and extends to the present, focusing on micro politics and challenging the concept of what is good or bad in response to the failures of the second wave and promoting an equitable society. If brave women like Sojourner Truth, Alice Walker and Mary Edwards Walker had not started a revolution in their time, the women of our time would have less value and would be forced to live under the ideals of patriarchy. Women would have no voice or vote, and her freedom to choose would not exist. Women would be exploited and harassed, oppressed and trampled constantly.

Women would be forced to behave and dress in a certain way. They would be exposed to violence more often, and in cases of being physical attacked or raped by some man or their own husband, there would be no legal repercussion toward the aggressor because the woman would not have any rights. She would be seen as an object and would be treated worse than an animal.

I Miss Amy Winehouse

By: Levicka Trickle



We lost her on July 23, 2011. It is hard to believe that it's been almost eight years since she died of alcohol poisoning. Her iconic "Back to Black" album won five Grammy's in 2008 and tied the record for most wins by a female. She also has the title of the only British female to win best new artist and song of the year. Her album, "Back to Black," posthumously became U.K.'s best-selling album of the twenty first century. She did this all before she was twenty-seven years old. Unfortunately, she didn't make it through the crushing pressure of stardom, but she was real. She was unique, talented, raw and absolutely mesmerizing. As a musician who has been in the industry, I remember the first time I saw her. I was absolutely blown away not only by her voice and songwriting but by the originality of her look. From the heavily painted "60's" mascara to the upturned beehive hairdo, I knew this was a refreshing force to be reckoned with. She just didn't care what anyone thought of her. She was a throwback to the artists of the 70's like Led Zeppelin, The Who and Jimi Hendrix who tore up and destroyed whole floors of hotels in drunken rages. She would appear on stage drunk and high and lived her life the way she wanted to and again, she didn't care what people thought until it got so out of hand, she tried to detox herself and wound up dying because of it. Amy Winehouse personified what a true rock star is: total hedonism and rebellion. She was real and true and talented beyond words. She was not an *American Idol* contestant. She was not a watered-down, corporatized entity. Amy gave me hope that there was still talent out there that wasn't concerned with kissing feet for corporate money, record contracts, and photo shoots. Why is it that America has not given rise to a true superstar talent? Why is it that American music is so saturated, blasé' and censored? Could it be that corporations such as Coca Cola, AT&T and Ford give millions to *American Idol* and *The Voice* in order to gain control of our music? Could it be that many singers and artists who get recognition from these shows wind up getting chewed up and spit out with shoddy record contracts? The corporations buy the artists and tell them what to sing, how to dress, and what to say. When they are done with them, they toss them away like a Dixie cup. How do I know this? Because I have been in the music industry for over 35 years and trust me, I have seen it all and I am disillusioned by corporate rock and what it has done to American artists and music. It is a bleak time: we are the ones to suffer because true talent will not be tolerated and allowed to speak, sing and perform for fear that somebody might say something of significance. It's happening right before our very eyes and no one seems to notice or care. It is an absolute infringement on our first amendment right, the freedom of speech. So, the next time you want to watch *American Idol* or *The Voice*, think about what you are participating in. If you'll excuse me, I have to go listen to some Amy Winehouse and remember the good old days, when just a few short years ago, music was real, unsaturated and uncensored.

Levicka Trickle is currently a student at LTCC. She is a drummer (50 years), singer and entertainer. She has worked with major artists such as Sly Stone, Kid Creole, Bo Diddley and Prince. She has done studio work for innumerable people, has been signed by a record label, and has toured from New York to Canada.

Dear Millennials,

We are a strange generation. I love us. I really do. We challenge the status quo, fight for social justice, and raise our voices for the underdogs. We are revolutionaries in our own ways. But I can't understand us sometimes. I walk around LTCC and I listen to some of us and cringe. I cringe at the fight for diversity that some of us hold in our hearts. Not because I am against diversity, but because some of us don't understand diversity. It's almost as if some of us are trying to wear diversity like a badge of honor. As if some of us are trying to tell the world, "I am diverse. I fight for diversity." And as some of us are telling African American people that they don't see color — they're missing the meaning of diversity. I first learned the meaning of diversity when I was 17 years old, scared out of my mind, and smack dab in the South Carolina heat in combat boots. It was there, so far away from my home and everything that I knew, that I had an African-American girl and a 31-year-old Asian woman call me their new "sister," and share a cup of peaches with me. I learned the true meaning of diversity again when I was 18 years old, sitting in the Las Vegas airport. I was fleeing from something I've tried to forget. It was at that airport that I had a 40-something trans woman come up to me and sit down with me the whole entire night until my flight came because she knew I was alone, scared, and lost.

Diversity means treating the person next to you with kindness and respect. It means embracing them for being a fellow human and not going out of your way to single out a minority to make sure that they know you embrace diversity. Another thing that I don't understand about us is our hatred of the police. The other day, I heard an 18-year-old teenage boy say, "F**k the police. They're evil. All they want to do is oppress us." Maybe hating the police is a part of the job description of being young and a college student, but from my experience the police aren't all that bad. They can be, don't get me wrong, but some policemen and women are some of the kindest people I've ever met.

Recently I had coffee with South Lake Tahoe Police Department Chief of Police Brian Uhler. I asked him what he would want millennials to know, and he had this to say: "The appearance of a uniform doesn't necessarily mean oppression. We want to help people. We get discriminated against too because of our color, and that color is blue." I even recently had a conversation with a SLTPD detective and shook hands with him. Never once did I fear that he was trying to oppress me or that if I said one wrong word to him, that it would end with me in handcuffs and in the back of a police car. My point is not to hate. From my purview, they are human just like us, and just as fallible.

My fellow millennial revolutionaries, if you are going to take anything away from this let it be that we are all human. Fallible. Beautiful. Live by the golden rule. Treat others the way you want to be treated.

Sincerely,
Blue Marie Balcita
Just Another Millennial



WOMEN IN POWER AT LTCC



Russi Egan, V.P.A.

Russi Egan has worked in the California community college system for over 13 years, where she demonstrated her dedication to higher education and her commitment to students. She holds a Master's in Accounting from National University and a Bachelor's in Accounting from Ashford University.



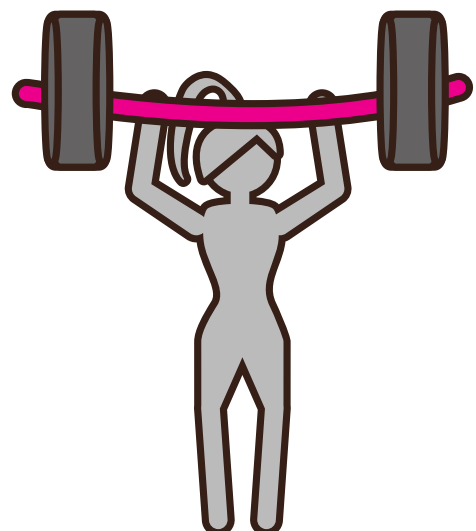
Dr. Michelle Risdon, V.P.I.

Michelle Risdon holds a Ph.D. in Languages and Literature and a graduate certificate in Women's Studies from the University of Michigan. She also holds a Master of Arts in English from the University of Michigan and a Bachelor's of Arts in English and Romance Languages (French) from the University of Puget Sound. Michelle also holds a Certificat d'Etudes in French Studies from the Universite de Bourgogne in Dijon, France. She had 15 years of California Community College experience as a faculty member in the English department at LTCC prior to serving in administration.



Michelle Sower, Dean of Instruction

Michelle Sower holds a Master's of Science in Human Development and Family Studies with an emphasis in Early Childhood Development from the University of Nevada, Reno, and a Bachelor's of Arts in Child Development with a minor in Psychology from California State University, Chico.



Redemption Behind Bars



Maggie's Story

“When I was incarcerated, my name was inconsequential. I was a number. I felt faceless, invisible. Granted, some will think that is what I deserved to feel for being incarcerated, and most wouldn’t take the time to know what brought me to be a longtime resident of El Dorado County Jail. It was drugs, naturally. And a lack of mental health. You know, as an ex-convict, I know I am supposed to hate the police, but the South Lake Tahoe Police Department saved my life. I love those guys.

They found me on the streets at 22 tweaking out with an assortment of drugs and needles in my backpack. I was so lost and if they wouldn’t have found me... I don’t even want to think about it. I was cast out on the streets at 18. My 18th birthday in fact. My father sexually abused me and physically assaulted me throughout my childhood. My mother would let him and then blame me for enticing her husband. I started drugs soon thereafter and I became a prostitute for a thug who controlled every aspect of my life. I did it to drown out the memories that echoed throughout my mind from my years of abuse incurred at the hands of my parents. The people who were supposed to love me.

I eventually became so abused by my pimp that I would do whatever he told me to do. I thought he loved me. I really did. He promised me acceptance, hope, and undying love like I never knew before. I was gone.

Then I was arrested and my life was saved. I went through a long stint in the county jail. I hated every minute of it. Some of the guards treated us terribly and the days were so horribly long. I used to count my time left by how many meals I ate... So, breakfast meant that I had 99 meals left until I was free, that kind of thing.

Once I was free, I was determined to stand on my own two feet. It was really hard, though. Every time people saw "ex-convict" on my resume I was denied the job almost instantaneously. I eventually was able to find a job and I got married to a really great guy. Life is better now than I have ever known. The reason I am telling you this is because I want you to know that I am a fallible human being and a victim of poor circumstances. So are a lot of people out there. Most of us are lost children in adult bodies who are trying to make it through the madness that is life.”

2018 COMMUNITY NEEDS ASSESSMENT

By Blue Balcita



Mental health and substance abuse are among the top health-related issues in the South Shore community, according to Barton Health's 2018 Community Health Needs Assessment. The findings are not necessarily a surprise, as those issues have ranked toward the top of the local assessment since it started in 2012. Nor are the problems — often described as a nationwide crisis — unique to Tahoe.

But despite the complexities and the hurdles, local officials say they remain committed to combating the issues through collaborative efforts.

"We do not expect to solve these issues, but we strive to work with the community to continually develop programs that address and mitigate the escalation of these complex issues," Barton Health officials told the Tribune in an email. WHO? Since 2012, the Barton Foundation has provided grants to the community totaling \$278,000 for local initiatives to address mental health, medical, and substance abuse care. Some past recipients include the Boys and Girls Club of Lake Tahoe, Lake Tahoe Unified School District, Tahoe Coalition for the Homeless and Tahoe Turning Point. In the 2018 Community Health Needs Assessment, 57.2 percent of respondents reported that drug substances significantly impact their life, while 22.1 percent said they used opioids in the past year.

"The commitment remains to focus on substance abuse needs during the Barton Foundation community health grant application," according to Barton Health officials. Since 2015, the Barton Foundation has allocated \$21,500 toward initiatives in the community that attempt to alleviate substance abuse problems by providing recovery programs, youth prevention programs, and counseling services. Other organizations and agencies also are focused on the substance abuse issue. "The city, through the police department, actively supports drug takeback efforts, drug drop-off bins, and the drug store project," said Chris Fiore, the city's communication director. Over the next three years, Barton plans on providing resources to help maintain a "coordinator" for South Lake Tahoe's behavioral health network. The coordinator would be tasked with improving the care flow system. Barton would also help by seeking resources to support the local behavioral health network and coordinate meetings of providers in the network. Barton also pledges to continue providing improved mental health services, and improve awareness through a series of steps and commitments. For information on the assessment visit:

<http://www.bartonhealth.org/communityhealth>.

Need help? LTCC is here for you! We now have a counselor available to you!

Response From Administration.....



The staff, faculty and administration at Lake Tahoe Community College have long been concerned about housing for students, and more recently, about the larger housing crisis affecting the South Shore. In November 2014, voters passed LTCC's Measure F general obligation bond, which includes monies to pay for land-use surveys on campus, potentially leading to the development of on-campus housing. This effort is on a strict funding and construction timeline and is subject to Tahoe Regional Planning Agency (TRPA) rules and regulations. In an effort to provide as much assistance as possible to our students, all college staff were advised by President Jeff DeFranco last year that LTCC is now "in the housing business," and we should all think in terms of providing front-line help to students who are seeking affordable housing. LTCC is dedicated to finding and providing good solutions to the student-housing crisis. All students, staff, and faculty will be kept up-to-date as these efforts take shape.

Mayor Laine Visits LTCC



Mayor Brooke Laine visited LTCC recently to meet with me for an exclusive interview for *The '74*. Laine is a long-time Tahoe local. She left Tahoe, however, for 10 years to pursue her education at UC Santa Cruz, studying economics. She eventually branched out to working at the state capital and began her political volunteerism at 33. She joined City Council at a very young age, following in her mom's footsteps - her mother, Del, was the first woman mayor of South Lake Tahoe. Laine has this advice for college students who are interested in politics: "I encourage college students to participate in local government and make their voices heard. By participating in local government, through the multiple commissions there are, you get a feel for how local government works."

Laine also addressed issues that college students are vulnerable to. In speaking to a lack of police presence in the community, Laine had this to say: "The police department takes pride in their presence in the community and they try not to let their short-staffing affect the services they provide to the community." According to police response times provided by the South Lake Tahoe Police Department, the police department has a 3-4 minute response time depending on the nature of a call. The police department also responds to a multitude of calls in a 24-hour cycle with only three officers on duty at any given time.

OUR NEIGHBORS WHO ARE SUFFERING HOMELESSNESS

By Blue Balcita

The holiday season has come and gone, and with it has come the cold weather and mounds of personal debt from gift buying. In all of the joy and drama of the holiday season, it can be easy for some to forget about the people who are braving hunger and the colder weather out on the streets. In the hopes of shedding light on the conditions members of our town's homeless population have to live in, I recently took to the streets and interviewed a vast array of people from all walks of life who are homeless, and whose stories help the rest of us better understand the barriers, difficulties, and indignities they face day in and day out. For privacy reasons, their names have been withheld:

"I'm almost 18. It's hard to be homeless, especially here in Tahoe, because of the cold weather," said an LTCC student. "The hardest part for me is trying to protect myself, because I have been assaulted multiple times. People don't know how hard it really is out here. Life is really hard and we're just trying to make it through."

Some feel the challenges are made greater by what they perceive as a local government that prioritizes economic growth over individuals. "I have watched the city of South Lake Tahoe cast us aside in the hopes of rushing the rich people in and the poor people out, so they can make Tahoe more upscale," said a Vietnam veteran and longtime local. "They don't realize what they're doing to us. I have almost died."

He is not the only one who feels enough is not being done to help the local homeless population. "The worst part of this is I have been spit on, assaulted on the streets, and so hungry because I give everything I can to get my son his next meal," said a single mom, who is a domestic violence survivor.

"I want people to know that homeless people are not less than you. And SLT government, we are citizens here too, and it is your jobs to represent and help us the same way you do for people that are not homeless." Despite those perceptions, however, both city officials and homeless advocates point to a healthy relationship that has helped provide shelter during harsh winter months. "The current council voted for the city to lease a space to us for the Warm Room last winter," said Dr. Marissa Muscat, director of the nonprofit Tahoe Coalition for the Homeless. "Last winter we were open for 98 nights (90 of them in the city building), served 109 individuals, and provided 1,809 shelter bed nights.

"Police Chief Brian Uhler and some of his officers have served on a task force to discuss ways to collaborate. They have helped us improve our operations so that we are in sync with the police department on how to promote safety among the homeless and the community. I have been impressed and grateful for the relationship we have developed with the city in our short time as a nonprofit organization."

The effort will continue at the city level, according to Chris Fiore, the city's communications director. "We are actively trying to reduce the homeless population in our area and have taken steps to ensure they are treated with dignity and respect," Fiore said in an email. "Like cities all across the country, especially in California, South Lake Tahoe is consistently trying to find ways to address the affordable housing problem we have here at home." Homelessness is a multifaceted issue that according to the National Alliance to End Homelessness more than half a million people face in our country today.



Left: Blue Balcita, Student Editor Right: Jeff DeFranco, Superintendent/President

Blue Balcita is the student editor of the '74. She has written five books, been a contributor to three more books and is a student reporter for the Tahoe Daily Tribune and a columnist for South Tahoe Now.



Have an idea for the next edition of *The '74*?

Let us know!

Get in touch by sending an email to:

bmbalcita@mail.ltcc.edu

The views expressed within the '74 are that of the individual authors and are not endorsed by Lake Tahoe Community College.