



# The Jacob Journal

A Newsletter from Chairwoman Dianne Jacob

September 2004

Serving the Cities of:  
El Cajon  
La Mesa  
Lemon Grove  
Poway  
Santee

Serving the communities of:  
Agua Caliente  
Allied Gardens  
Alpine  
Barrett  
Blossom Valley  
Bostonia  
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Campo  
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Casa de Oro  
Crest  
Cuyamaca  
Dehesa  
Del Cerro  
Descanso  
Dulzura  
Eucalyptus Hills  
Fernbrook  
Flinn Springs  
Granite Hills  
Grantville  
Guatay  
Harbison Canyon  
Jacumba  
Jamul  
Julian  
Lake Morena  
Lakeside  
Mount Helix  
Pine Hills  
Pine Valley  
Potrero  
Ramona  
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Rolando  
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Santa Ysabel  
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Serving the Indian Reservations of:  
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Campo  
Cosmit  
Cuyapaipe  
Inaja  
Jamul  
La Posta  
Manzanita  
Mesa Grande  
Santa Ysabel  
Sycuan  
Viejas

## Women and Meth: A Deadly Relationship

### Local government must wake up from the crystal nightmare

**A** young La Jolla newlywed poisons her husband and scatters rose petals over his death bed in a bazaar scene that mimics the film “American Beauty.”

A South Bay woman drowns her young niece in a bathtub of water so hot, it tears the skin from the little girl’s body.

In both cases, the female perpetrators have more in common than murder convictions. Kristin Rossum and Veronica Gonzales were known users of the highly addictive stimulant methamphetamine.

Frequently referred to by the law enforcement as the “scourge of San Diego,” the white powdery narcotic has bedeviled our region since the 1960s, when outlaw motorcycle gangs brewed batches of the drug using explosive chemicals in crude stovetop laboratories.

From the crazed meth user who commandeered a military tank and terrorized a Clairmont neighborhood in 1995, to the meth user who hijacked a public transit bus for a harrowing countywide joyride in 1997, no single illicit drug has caused more harm to San Diego families, or gobbled up more than its fair share of local resources than meth.

It’s probably no surprise that meth remains

the favored illicit “drug of choice” among lawbreakers in our region. What is surprising is the percentage of female lawbreakers using the drug. In 2003, nearly half of women arrested for crimes in our County tested positive for meth. So says the Arrestee Drug Abuse Monitoring report, an important annual survey conducted in our jails.

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The County’s Meth Strike Force warns that those numbers aren’t a one year anomaly. The multi-agency alliance of law enforcement, treatment and prevention specialists has been devising ways to tackle the drug since 1996, and believes that sky-high female meth use is a longtime trend in our region.

The Meth Strike Force, District Attorney Bonnie Dumanis and the Board of Supervisors is hosting an important public summit to explore the dangerous bond between meth and female lawbreakers on Oct. 20. By taking a microscope to female meth use, we hope to develop an arsenal of calculated ways to keep women from using the drug.

If the personal stories of female meth users are any indication, we’re up against a drug that is especially enticing to women. Addiction begins like a fairytale relationship, which helps to establish a sinister chokehold on the user. One woman said meth gave her an incredible feeling of confidence and made her feel beautiful.



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## Plugging in to the Sun

**S**olar energy is non-polluting, helps conserve limited resources like coal and gas, and it lessens our nation's dependence on foreign oil. No one knows that better than Henk Tysma, owner of California Baja Rent-a-Car. Henk is the region's 1500th solar energy customer.

Henk's business on Alpine Boulevard is drawing enough rays from the sun to power his two-story office building.



**Catching Some Rays:** Chairwoman Jacob celebrates the power of the sun with the Tysma family of Alpine.

In fact, he's actually putting more energy into the system than he's taking out. And, his monthly bills are about \$5.

office building. In fact, he's actually putting more energy into the system than he's taking out. And, his monthly bills are about \$5.

The County of San Diego is riding the wave of solar energy too. With solar systems on four public buildings,

the County is conserving resources, keeping the air clean and helping the region avoid blackouts.

You can learn more about solar energy from the San Diego Regional Energy Office. Their staff knows all about solar vendors and financial incentives for people interested in going solar.

*SDREO Website: [www.sdenergy.org](http://www.sdenergy.org)*

## The Truth about the Energy Crisis

**E**lectricity wasn't the only thing being manipulated during the State's energy crisis two years ago. New evidence shows manipulation of the natural gas market too. Natural gas is used to heat homes and as fuel for power plants.

Using nasty tactics like "wash trades" natural gas traders drove the price of the commodity six times higher than the national average, according to a lawsuit filed recently by the San Diego County.

The suit accuses traders of simultaneously selling natural gas to each other at sky-high prices to create the illusion of high demand.

The County is the third in California to file suit against the nation's largest natural gas companies. We're determined to get millions of dollars back from the companies that conspired to drive up prices and rip us off!



### Women and Meth

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Another said meth helped her drop weight, feel better about herself and made her feel like a better mom, wife and employee.

Unfortunately, experts say, those initial feelings of euphoria are the beginning of the end. Treatment providers and addiction specialists warn that the drug's physiological effects are so powerful that even the

most gentle personality types become violent after long periods of use. Many experience meth-induced psychosis, a state that fosters meth-fueled crime.

By insulating women from initial use and by steering addicts into treatment, we can do battle against the drug before it sinks its talons into this region's mothers, daughters, sisters and friends.

Over the years, the Strike Force has examined endless societal

impacts brought about by the drug. We've established a hotline, placed limits on products used to make meth and rescued kids living in dangerous meth labs. The more we learn about the nuances of meth, the more advanced our methods become to fight it.

It is our sincere hope that next month's summit is the start of a highly focused and sustained fight against female meth use.

*Meth Hotline: 1-877-No2Meth*

## Community Round-Up...

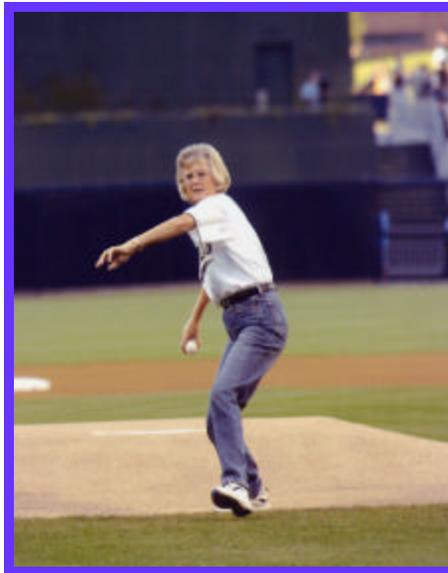
**POWAY**— They're hitting the trails once again at Sycamore Canyon/Goodan Ranch. The popular nature preserve, which stretches from Poway to Santee, was badly burned during last year's firestorms. The area is a favorite with hikers and horse riders. Late last month, Chairwoman Jacob joined the Friends of Goodan Ranch and Henry Renteria, who is the director of California's Office of Emergency Services, and many others to officially reopen the area. It was a warm day filled with horse rides and nature hikes. Chairwoman Jacob would especially like to thank volunteers who worked to restore the area.

**ALPINE**— The community said goodbye to a one-of-a-kind woman last month. Jo Anne Brynjestad was a champion of education and an advocate for kids. The 22-year member of the local school board fought tirelessly to improve Alpine schools. She played an integral role designing the Joan MacQueen Middle School and served for many years on the California School Boards Association. She will be missed.



**Happy Trails:** Chairwoman Jacob gets back in the saddle at Goodan Ranch.

## Strike Three



**The Heat:** Chairwoman Jacob does East County proud by throwing out the ceremonial first pitch at a recent Padres game. Her fastball dropped in for a strike!

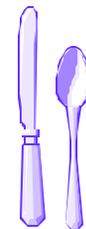
# You're Out!



### Make September 27th Family Dinner Night!

Did you know that teens who sit down to dinner with their families are less likely to use drugs and alcohol?

The San Diego Restaurant Association and I encourage you to have dinner with your family on September 27th!



# Get The Jacob Journal!

The Jacob Journal will be mailed to you on a regular basis by request only. If you like what you've read, fill out the form below and mail it back to us at 1600 Pacific Highway, San Diego, CA 92101 or fax it to us at (619) 696-7253. You can also sign up to receive the Jacob Journal on our website at [www.diannejacob.com](http://www.diannejacob.com).

Name \_\_\_\_\_

Signature \_\_\_\_\_

Company \_\_\_\_\_

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City, Zip \_\_\_\_\_

Phone/e-mail \_\_\_\_\_

We hope to hear from you soon!

SEP-04

(619)531-5522

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