

Coast Guard launching app to help boaters

The U.S. Coast Guard plans to release its first boating safety app on May 16 as the kickoff to this year's National Safe Boating Week (May 16-22).

The app was mainly designed to provide additional boating safety resources for mobile device users. It was not designed to replace a boater's marine VHF radio.

The app will be available on the Apple and Google Play online stores.

Features include: state boating information; a safety equipment checklist; free boating safety check requests; navigation rules; float plans; and calling features to report pollution or suspicious activity. When location services are enabled, users can receive the latest weather reports from the closest National Oceanic and Atmospheric Administration weather buoys as well as report the location of a hazard on the water.

The app also features an emergency assistance button which, with locations services enabled, will call the closest Coast Guard command center.

Concussions not just a

concern for pro athletes

By Kathryn Reed

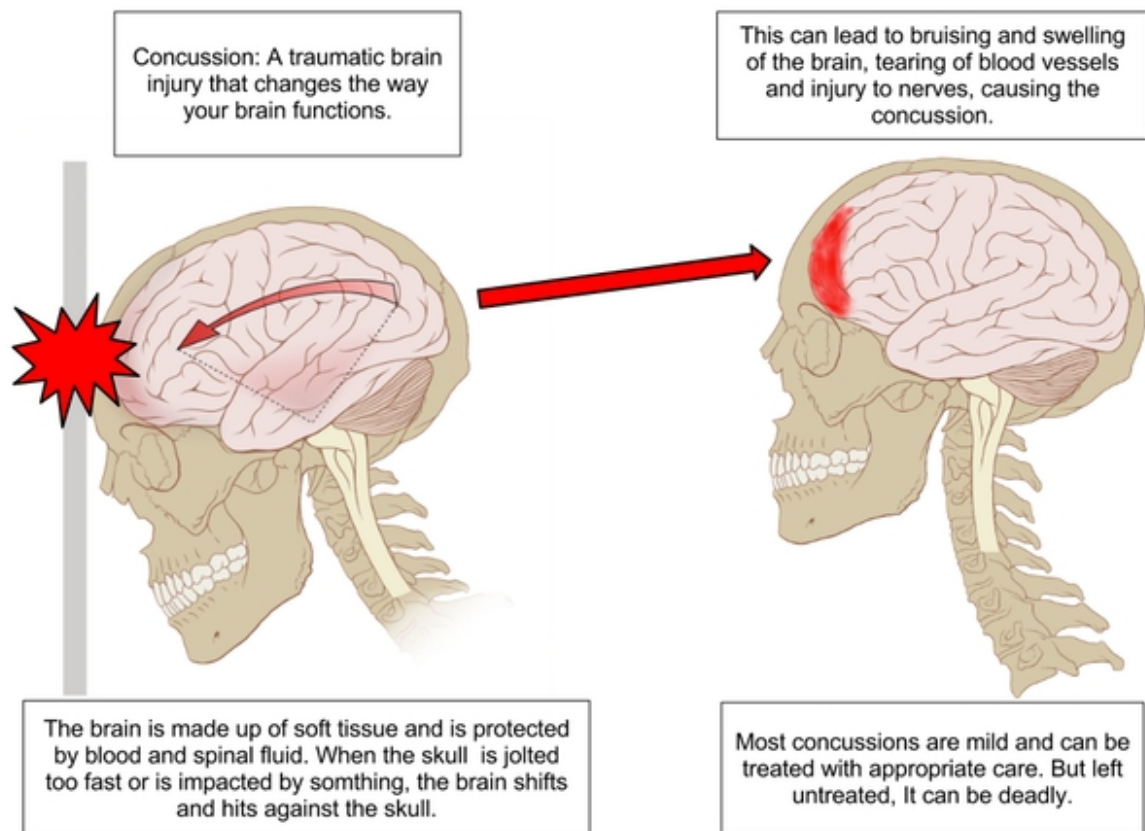
It's not just professional sports teams paying more attention to athletes with concussions. It's a big deal in the Tahoe-Truckee area, too.

One of the problems is there is no diagnostic tool for medical professionals to use to test if someone sustained a concussion or if they have fully recovered.

That is why South Shore athletes are being given a cognitive impact test prior to competing in order to get a baseline. Then medical experts can use that data to compare it to information ascertained after an injury has occurred.

"It shows how their brain is functioning at that moment," Chris Proctor, director of the Tahoe Center for Orthopedics, told *Lake Tahoe News*. "It's a computer test. It tests reactions, memory and goes through key factors."

Barton tests athletes at South Tahoe, Whittell and Douglas high schools.



Source: *Concussion mechanics.svg*

Football remains the sport with the most number of concussions for athletes Barton Health practitioners see. In winter, concussions are mostly from skiing and snowboarding. Throughout the United States it is women's soccer and field hockey players who receive the most concussions.

Proctor doesn't believe there are more concussions, but instead there is better awareness of the condition.

"We have the idea if a kid hits his head, we assume it is a concussion until we prove it's not," Proctor said.

He said a handful of years ago parents would shop around to get a medical clearance for their son or daughter. Knowledge of the potential lingering effects of concussions as well as Second Impact Syndrome (SIS) has parents putting their children's health before their athletic careers. It was SIS that killed South Lake Tahoe resident Ryan Shreve. Ryan Shreve Head Injury Awareness Foundation was created in the 1997 South

Tahoe High School graduate's name in hopes of limiting the number of deaths like his.

Pop Warner in Marin County is part of a three-year pilot program that has sensors on kids' helmets that alerts adults the player may have sustained a concussion.

The fear of concussions is being attributed to a 10 percent drop in Pop Warner participation nationwide between 2010 and 2012, according to ESPN.

Because there is no neurologist on staff at Barton Memorial Hospital, the orthopedists are handling concussions. With the hospital recently becoming a trauma center, the emergency room and orthopedic specialists are working together more closely so all concussion patients – athletes or others – are receiving the same care.

At the Institute for Rural Health Research, a subsidiary of Tahoe Forest Hospital, scientists are trying to develop a device to diagnose concussions. In 2014, the Gene Upshaw Memorial Fund donated \$180,557 to this cause. The memorial fund has donated a total of \$323,544 specifically for traumatic brain injury research at the Truckee facility.

(Upshaw was a National Football League hall of famer and former NFL Players Association executive director who died of pancreatic cancer in 2008 at Tahoe Forest Hospital. Upshaw's wife, Terri, and sons Justin and Daniel established the fund because of the care he received at the hospital.)

Researchers there have been working for a few years to create a low cost, compact, portable unit that will be able to determine injury severity within 10 minutes.

Opinion: Flexible economy making workers' lives hell

By Robert Reich

These days it's not unusual for someone on the way to work to receive a text message from her employer saying she's not needed right then.



Robert Reich

Although she's already found someone to pick up her kid from school and arranged for childcare, the work is no longer available and she won't be paid for it.

Just-in-time scheduling like this is the latest new thing, designed to make retail outlets, restaurants, hotels, and other customer-driven businesses more nimble and keep costs to a minimum.

Software can now predict up-to-the-minute staffing needs on the basis of information such as traffic patterns, weather, and sales merely hours or possibly minutes before.

Read the whole story

Interfaith expert to speak at Unity

Rajan Zed will be the guest speaker at Unity at the Lake on May 17.

He will be sharing his unique and powerful experiences in the interfaith movement. Zed is a distinguished religious statesman residing in Reno who has taken up Hindu, interfaith, peace, environmental and other causes all over the world. He read the ground-breaking first Hindu opening prayer at the U.S. Senate in 2007.

Zed is one of the panelists for On Faith, a prestigious interactive conversation on religion produced jointly by Newsweek and Washington Post.

Following Unity's 10am celebration, Zed will be doing a workshop on The Basics of Hinduism from noon-2.

All are welcome. Suggested love offering for the workshop is \$20.

Unity at the Lake is located at 1195 Rufus Allen Blvd., South Lake Tahoe. For more information, call 530.544.2266.

Reid renews push to ban online gaming

By Amber Phillips, Las Vegas Sun

WASHINGTON — Sen. Harry Reid is receptive of Sheldon Adelson's

push to ban all forms of online gambling, including poker.

Reid said in an interview Monday that if he isn't able to get an exemption for poker from a proposed ban of online gaming making its way through Congress, he would consider supporting a full online gaming ban.

"Unless we can get something done with poker, I'm going to look closely – I haven't made up my mind – but I'm going to look closely into banning it totally," Reid said. "I'm going to take a hard look at it. It would be something I would certainly consider strongly."

Read the whole story

State makes it difficult to cut ties with NV Energy

By Kyle Roerink, Las Vegas Sun

CARSON CITY – In an opinion expected to be widely disputed by both consumer groups and advocates of competitive energy marketplaces, the Nevada Public Utilities Commission's legal staff has ruled that a major digital technology company must pay \$27 million to cut its ties with NV Energy and produce its own power.

The legal staff's ruling sets the stage for debate about consumer choice and the interpretation of a 14-year-old law that the company, Switch, is referencing in hopes of removing itself as an NV Energy customer. The PUC's legal opinion could foreshadow a decision that regulators will formally announce in June, and could be an indication that it will be difficult

for Switch and other companies to unplug from NV Energy. In interpreting the law, the regulators' legal staff in essence said the opt-out provision should be ignored now because market conditions have changed since it was enacted.

The PUC opinion is the latest in a six-month battle for Switch, which applied in November with the PUC for the ability to create and purchase power without NV Energy. The Las Vegas-based company provides data storage to an array of Fortune 1000 clients, including Google, Sony and eBay, through a high-bandwidth fiber optic network connected to at least four dozen major Internet providers.

Read the whole story

Youngster accused of starting fires in Truckee

A juvenile is in police custody after allegedly starting a series of fires in Truckee.

Truckee and CalFire firefighters responded to and quickly extinguished a series of what they said were intentionally set fires in the vegetation behind homes in the Tahoe Donner subdivision on May 13.

"This is a reminder of the importance of talking to your children about fire safety and the dangers of playing with matches and other ignition devices," Truckee officials said in a statement.

– Lake Tahoe News staff report

Separate gun incidents put schools, Barton on lockdown

Lake Tahoe Community College and South Tahoe Middle School were on lockdown briefly Wednesday afternoon because someone reported hearing shots being fired in the meadow by the college.

“Within about 30 minutes we had sufficiently searched the area to realize there was no imminent threat to anyone so the all clear was given,” Police Chief Brian Uhler told *Lake Tahoe News*. “We never did find a person with a firearm or discover what actually happened.”

The school lockdowns were precautionary and are ultimately the decision of the school sites. College President Kindred Murillo told *Lake Tahoe News* the school was secure within five minutes of being notified of the potential threat.

Someone called dispatch at 2:34pm May 13 saying they heard two shots fired. Officers who responded and talked to others in the vicinity were told four shots were fired.

“We will continue to follow up if we get anymore leads,” Uhler said.

The meadow is decent size and sound in the basin travels in ways that where someone heard something might not be where it originated from.

In a separate incident after the schools reopened, there was a report of a man walking down Winnemucca Avenue with a rifle. This caused Barton Memorial Hospital to go on lockdown for a short time. The all clear was given about 5:15pm.

Officers never found anyone roaming the streets with a gun.

“In the second case we had a few people who witnessed the incident,” Uhler said.

– Lake Tahoe News staff report

Snippets about Lake Tahoe



- El Dorado County CAO Pamela Knorr on May 12 announced the county would begin recruiting for the chief administrator officer job. She said she will bring back details to the board soon. She was appointed as interim CAO earlier this year for one year.
- Valhalla Tahoe is looking for volunteers for the summer season. For more info, email info@valhalltahoe.com.
- Warren Withers, who had been director of Emergency Services at Barton Memorial Hospital, is now at Barton Urgent Care.
- The Bicycle Advisory Committee of the South Lake Tahoe Recreation Facilities Joint Powers Authority will meet June 5 from 9-11am at Lake Tahoe Airport.
- The Food Bank of El Dorado County in partnership with California Emergency Food Link will be at the American Legion Hall in South Lake Tahoe on May 27 from 10-11am providing a free farmers market to families in need. For more info, email info@foodbankedc.org.

3-day library book sale in Douglas County

The Douglas County Public Library is having book sales May 22 from 1-5pm, May 23 from 9am-5pm and May 24 from 11am-2pm.

The sale will be at the Douglas County Community and Senior Center, 1329 Waterloo Lane in Gardnerville.

Thousands of used books and audio books will be for sale; DVDs and music CDs will also be available.

Friends of the Douglas County Public Library members and anyone who joins the Friends during the sale will receive a 15 percent discount.