Ski report: Start the weekend today



Conditions are great for the start of a long weekend.

Here is the Jan. 18 ski report.

– Curtis Fong

Doctor specializing in women's health to give talk

Soroptimist International of Tahoe Sierra's Jan. 31 speaker is John Missanelli.

The doctor specializes in female reproductive health and gynecological health and is specially trained in da Vinci robotic surgery, is a da Vinci trainer and has completed more than 400 da Vinci surgeries.

The talk is at 7:30am at the South Lake Tahoe Senior Center, 3050 Lake Tahoe Blvd.

The event is free.

For more info, call (530) 409.2791.

South Lake Tahoe victim of hit and run DUI coping in pain; hopes to walk, work again

By Kathryn Reed

“There is no prognosis for full recovery. I will have problems for the rest of my life.”

That is the life sentence Adam Rose has been left with after being hit by a drunken driver in August while riding his bike on Emerald Bay Road between his house and the store. The sentence for the woman who hit him has yet to be rendered.

The 38-year-old South Lake Tahoe resident spends two to three days a week going to physical and occupational therapy. Every six weeks he sees an orthopedist in Reno.

The woman who hit him, 54-year-old Christine Whalen of South Lake Tahoe, sits in the El Dorado County Jail unable to post bail. She is headed for prison.



Adam Rose before he was injured. Photo/Provided

“One day I was building a deck for a client and riding my bike to the store and the next second I was hit by a drunk driver and left on the side of the road for dead,” Rose says of how his life has unfolded. “I received a life sentence of sorts. I will never be able to do a lot of things I wanted to do. I will never be able to go free climb a mountain or backpack. I used to go backpacking. I cannot do that again. I really liked my work … and I can’t do that.”

But it’s even the basics of life that Rose has difficulty with. He can barely walk. Crutches and a wheelchair are how he gets around most of the time.

He can’t drive.

“My right foot won’t lift up. You need range of motion for the gas pedal,” Rose told *Lake Tahoe News*.

He pays for the bus to pick him up to take him to physical therapy.

Rose was a contractor before the accident. He remodeled kitchens, bathrooms, put on new decks, laid wood floors and did other work.

Like many who are self-employed, he didn't have health or disability insurance. He has been able to get health insurance through El Dorado County that pays for his physical therapy.

He lives with his girlfriend who pays most of their bills.

Rose has an attorney who is working with Whalen's insurance. What the payout might be he doesn't know – assuming there is one.

Even though he is in constant pain, the most meds he'll now take is an over the counter drug like Advil.

This, despite losing 50 percent of the muscle in his left forearm that he says will never come back. His arm strength is about 20 percent of what it was. He's lucky if he can lift something that weighs 2 pounds. His hand cannot open all the way.

His right leg was broken in three places.

Rose's days are spent "burning a hole in the couch" with all the sitting. Even cooking is an ordeal because he can't lift pots and pans.

"I would love to be able to walk again. I want to take my dog for a walk," Rose said. "I know I will always have a limp. If I can walk with a cane, that would be a goal. I would love to work again."

He knows he will never return to the physical labor he so enjoyed. But a management position in construction is something he sees as a real possibility.

"I have a good attitude, good sprit. I'm looking at things positively, though realistically," Rose said. "I have not had depression, other than what would normally be expected."

Rose says he has forgiven Whalen, but it will be impossible to forget that fateful day.

“I do think if she only ends up serving a short stint in prison, she is getting off easy. I think she should do 15 to 20 years, not two to three,” Rose said.

Whalen was driving on Highway 89 near 12th Street in South Lake Tahoe on Aug. 21 when her vehicle struck Rose, who was on his bicycle. She fled the scene.

One day Whalen will go to prison. She has pleaded guilty to felony hit-and-run with injury, felony driving under the influence and causing injury, and felony failure to yield with the intent to evade. This is will be a strike under California’s three strikes law.

She could be sentenced from zero time with felony probation to about five or so years in state prison. The time she has spent in El Dorado County Jail does not count toward prison time. Ultimately it is up to the judge.

The probation department in working on a presentencing report. Rose will be interviewed for the report and could speak at the sentencing hearing.

“It is very unusual for someone to plead out in this manner. It appears to reflect her remorse and willingness to accept responsibility for her actions without need of trial or even a preliminary hearing,” El Dorado County Assistant District Attorney Hans Uthe told *Lake Tahoe News*.

Whalen has no prior convictions.

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Terry Soule, Adam Rose’s mother, shares her thoughts in this column.

Immune-boosting habits help during flu season

By Mandy Kendall

It is that time of year for sniffles, coughs and the dreaded flu. If you have been fortunate enough not to succumb to the current version going around, then it is possible that you are already practicing good immune-boosting habits. However, some of the following flu-busting *Qwik-e* tips may help you to continue in good health.

If you have fallen victim to a bout of the flu, all is not lost as it is never too late to give your germ fighting immune system some help to get you back on the road to recovery.



Mandy Kendall

Vitamin D – It is often referred to as the granddaddy of nutrients as it is vital for all sorts of functions in the body, including immune system support. You can get it from foods, supplementation and good old sunshine (you do need to expose quite a bit of skin to get effective amounts from the sun though so maybe not so great for winter). Word of warning, vitamin D is a fat-soluble vitamin, which means the body cannot eliminate any excess as easily as water-soluble vitamins – so be careful how much you take in supplement form.

As of 2010, the Mayo Clinic reported that the recommended daily dose (RDA) was 600 IU.

Rest – Your body uses the time when you are asleep to heal damaged cells and reproduce new ones, so try to get at least eight hours a night.

Exercise – If you're feeling well and healthy, exercising will get your blood pumping and can increase your white blood cells ability to fight germs.

Keep hydrated – Winter heating can be very dehydrating. Your immune system needs moisture to work properly, so make sure you top up your system with water regularly.

Omega 3 – -Omega 3 oils help support your immune system. If you don't eat a lot of fish, you could try a supplement.

Honey – One teaspoon mixed in a cup of hot water will help soothe a sore throat, and as a natural expectorant will help the flow of mucus out of the body. Add a little lemon juice if you prefer it a little less sweet.

Gargle – One-quarter to one-half teaspoon salt dissolved in an 8-ounce glass of warm water can help to relieve a sore throat.

Alcohol – Not only suppresses the part of the immune system that helps fight illness; it also detrimentally affects the part that helps you not get sick in the first place.

Have some fun – Some research has shown that immune cells are produced when we laugh.

Frequent hand washing – Really, is a vitally important defense against germ transmission. It is estimated that 80 percent of infections are transmitted by touch.

Zinc – Often thought of in the holistic health world as a powerful natural cold and flu remedy. Lozenges are the best way to get the soothing effects, but many brands are often

packed with sugar, unnecessary ingredients and a low dose of zinc. So, check there aren't too many ingredients on the label and look for a higher percentage of zinc. The Mayo Clinic states the following dosages for zinc taken by mouth; 11 mg for males 19 years old and older; 8 mg for females 19 years and older.

Medication – The CDC reports that you will only be about 60 percent protected after a flu shot so, even if you've had one, it is still worth practicing good healthy habits too. And remember: antibiotics cannot help with flu viruses and will only kill off good bacteria that help fight off infections.

Until next time.

Mandy Kendall operates Health Connective in South Lake Tahoe, which aligns wellness seekers with their ideal wellness provider. If you have questions, would like some advice, or would like to request some Qwik-e tips on any health and well-being topic, drop her an email at connect@healthconnective.com or keep an eye out on Lake Tahoe News for regular Qwik-e tips on how to make healthy changes one Quick and Easy step at a time.

Opinion: A mother's heart aches for injured son in Tahoe

By Terry Soule

No matter their age, our children are always our children. It is never easy to see them sick, or injured or hurting. Our

mama-heart aches with each of their aches. As a mother of four grown children, I have experienced this many times over the years, but never so much as after our 38-year-old son, Adam, was hit while riding his bike in South Lake Tahoe, Aug. 21, 2012. (Read Adam Rose's story here.)

The injuries he sustained were critical and many – almost complete traumatic amputation of his right foot and lower leg, compound fractures of his left arm, severe injury to his right arm, multiple abrasions which removed about 35 percent of the skin on his body, bruises too numerous to count.

When I first received the call about his accident, not much was known other than he had a broken leg. I thought "OK. That can be fixed fairly easily." Later that night, after speaking with the admitting physician and learning the extent of the injuries, I made plans to go to Reno where Adam was in ICU. My prayers kept time with each breath I took as I traveled from the Bay Area to Reno. "Please keep him alive, Lord. Please heal him. Please keep him strong."

Walking into ICU at Renown and seeing him in bed, bruised and broken, was something I will never forget.

As the days progressed, I was moved by Adam's grace to all who helped him – his nurses and other caregivers never failed to receive a quiet "thank you" from Adam, even when what they had to do hurt him. I did not hear him complain one time, nor did I ever hear "Why me?"

Adam told me that he holds no bitterness for the person who hit him, though she had shown no remorse for her actions. He said the bitterness and anger would only hurt him, and that he felt sorry for her as she would have to live with what she did.

Adam's life was forever changed that day, and he will carry the reminders in his body, mind and spirit for the rest of his life. No longer can he take long walks with his beloved dog,

Silas, or heft 100-plus pounds of wood on his shoulder and carry it as he works as a carpenter. He faces an unknown future with no idea of how he will be able to support himself. Though he has lost strength and mobility in his body, his spirit, attitude and faith remain strong.

It has been said that adversity does not build character; rather, it reveals it. Adam's character has been revealed through this, and this mama is so proud.

Heavenly ski patrollers learn ice rescue techniques

Ice rescues aren't common at Heavenly Mountain Resort, but the potential is there with the two reservoirs.

Tahoe Douglas firefighters and Heavenly ski patrollers practiced ice rescue techniques at the reservoir by East Peak Lodge on Jan. 17.

"It is very common for untrained would-be rescuers to become victims themselves as they take desperate action and are drawn into a bad situation," Chris Lucas, Tahoe Douglas engineer, said in a statement. He instructs the Dive Rescue International Ice Rescue Program to new firefighters.



Ice rescue practice at Heavenly on Jan. 17. Photo/Provided

“You can’t judge the strength of ice by its appearance even its thickness can be deceiving. The only way to be totally safe is to stay off the ice. Any frozen body of water is a hazard,” Lucas said.

The first responders learned about appropriate gear and equipment to use in an ice rescue. This included a specialized dry suit that insulates and provides buoyancy. Another tool is the ice awls, small ice picks that help grip into the ice.

“This is some of the best training we’ve done in a real long time,” Dave Hellod, Heavenly’s assistant ski patrol director, said in a press release.

The falling are tips from Tahoe Douglas fire:

What if you fall in?

First, try not to panic. This may be easier said than done, unless you have worked out a survival plan in advance. Read through these steps so that you can be prepared.

1. Don’t remove your winter clothing. Heavy clothes won’t drag you down, but instead can trap air to provide warmth and flotation. This is especially true with a snowmobile suit.

2. Turn toward the direction you came. That’s probably the strongest ice.

3. Place your hands and arms on the unbroken surface. This is where a pair of nails, sharpened screwdrivers or ice picks come in handy in providing the extra traction you need to pull yourself up onto the ice.

4. Kick your feet and dig in your ice picks to work your way back onto the solid ice. If your clothes have trapped a lot of

water, you may have to lift yourself partially out of the water on your elbows to let the water drain before starting forward.

5. Lie flat on the ice once you are out and roll away from the hole to keep your weight spread out. This may help prevent you from breaking through again.

6. Get to a warm, dry, sheltered area and warm yourself immediately. In moderate to severe cases of cold water hypothermia, you must seek medical attention. Cold blood trapped in your extremities can come rushing back to your heart after you begin to re-warm. The shock of the chilled blood may cause ventricular fibrillation leading to a heart attack and death.

What if someone else falls in?

What if someone else falls through and you are the only one around to help? First, call 911 for help. There is a good chance someone near you may be carrying a cell phone.

Resist the urge to run up to the edge of the hole. This would most likely result in two victims in the water. Also, do not risk your life to attempt to save a pet or other animal.

Preach, Reach, Throw, Row, Go

PREACH: Shout to the victim to encourage them to fight to survive and reassure them that help is on the way.

REACH: If you can safely reach the victim from shore, extend an object such as a rope, ladder, or jumper cables to the victim. If the person starts to pull you in, release your grip on the object and start over.

THROW: Toss one end of a rope or something that will float to the victim. Have them tie the rope around themselves before they are too weakened by the cold to grasp it.

ROW: Find a light boat to push across the ice ahead of you. Push it to the edge of the hole, get into the boat and pull the victim in over the bow. It’s not a bad idea to attach some rope to the boat, so others can help pull you and the victim to safety.

GO: Non-professionals shouldn’t go out on the ice to perform a rescue unless all other basic rescue techniques have been ruled out.

If the situation is too dangerous for you to perform the rescue, call 911 for help and keep reassuring the victim that help is on the way and urge them to fight to survive. Heroics by well meaning, but untrained rescuers, sometimes result in two deaths.

String of burglaries in Carson Valley may be related

Several burglaries occurred in the early morning hours of Jan. 15 in Douglas County, including at the Genoa Bar.

Burglars hit two unoccupied homes in Genoa, and several vehicles at two auto repair shops in Gardnerville.

Sheriff’s deputies said evidence recovered at the various scenes makes them believe the burglaries are related and were committed by at least two people.

Surveillance video at approximately 4:17am Tuesday shows a man walking around a security fence outside the location. He is in his 20s or 30s, between 5-foot-10 and 6-feet, with a large

heavy-set build and brown short-cropped hair. He was wearing a dark colored jacket and lighter colored pants – possibly jeans.

Surveillance video from the Genoa Bar revealed that at approximately 5:08am on the same day two men forced entry into the building. They are seen rummaging around various locations within the building.

One man in the Genoa Bar burglary appears similar to the subject seen in the area of the vehicle burglaries committed in Gardnerville, officers said. The second person is described as a male, unknown age, 5-feet-8 to 5-feet-11, wearing a white hooded sweat shirt, dark colored baseball cap, and dark colored pants – possibly jeans.

Property stolen from the various incidents consists of a cash register drawer and portable electronic items.

A reward of up to $1,000 is available for information leading to the arrest and conviction of those responsible. Anyone with information should call (775) 782.9905 or Secret Witness at (775) 782.7463.

– Lake Tahoe News staff report

South Tahoe turns out to remember Alyssa Byrne

Huddled in the cold, more than 40 people somberly gathered at Lakeview Commons as the sun was setting Thursday. The flicker of candles symbolizing a life extinguished too soon.

Mary Gillespie wanted a way for those in South Lake Tahoe to

pay their respects to Alyssa Byrne. The 19-year-old from Petaluma froze to death earlier this month after attending the SnowGlobe Music Festival on the ball field adjacent to Lake Tahoe Community College.



Mary Gillespie says a few words Jan. 17 in Alyssa Byrne's memory. Photo/Kathryn Reed

Gillespie read words that had been said at Byrne's memorial in Sonoma County on Jan. 12. Kevin Byrne had talked about the need for a buddy system in the wake of his daughter having separated from friends and being found alone.

Pink roses were laid out in a row on the embankment overlooking Lake Tahoe. Pink was the young woman's favorite color. A poster board with a photo of Byrne had been created so people could express their thoughts.

One person wrote, "*Even though you are lost, you are found forever in our hearts. – Love, Everyone.*"

A coat drive for future SnowGlobe attendees will be part of the May 16 4pm bike parade through town. The Slow Rollers cycling group will give adult coats to the music festival organizers to hand out to those who don't come properly attired, and the children's jackets will be given to the local Boys & Girls Club.

– Kathryn Reed

Rascal Flatts coming to Harveys in summer 2013

Country music super-stars Rascal Flatts return to Lake Tahoe in July. The concert will be the main entertainment during the 24th annual American Century Championship celebrity golf tournament.



Rascal Flatts

The group is the first to be booked for the 2013 Lake Tahoe Summer Concert Series at Harveys Outdoor Arena. Rascal Flatts performed at the Stateline venue in 2010.

Opening on July 19 will be The Band Perry. This group opened for Brad Paisley in 2012.

The concert is at 7pm.

Tickets go on sale Jan. 25 at 10am through TicketMaster.

Lake Tahoe may host Winter X Games

By Kathryn Reed

The last time the two main visitors authorities for Lake Tahoe worked to bring a major sporting event to the basin it was snowed out. Snow would be a good thing for their latest endeavor.



Lake Tahoe is one of four cities in the running to host the Winter X Games for a three-year period starting in 2015.

Aspen, which is one of the contenders, has been the host city-resort for a dozen years. This year's event is Jan. 24-27. The other cities vying for the three-year contract are Park City and Quebec City, Canada.

The local bid is sponsored by Lake Tahoe Sports Organizing Committee, a recently created coalition designed to bring high-end events to the area. Committee partners include Lake Tahoe Visitors Authority, North Lake Tahoe Chamber/Convention & Visitors Bureau/Resort Association, Heavenly Mountain Resort and Squaw Valley.

The two visitors bureaus put together the successful bid to bring the Tour of California bike race to Tahoe in May 2010. But snow canceled the Stateline and Squaw starts.

Now they will be doing a snow dance and having fingers crossed nothing like January 2012 is repeated when snow was so scare that a cycling event would have been welcome. Heavenly and Squaw would be the mountains where athletes would compete.

Tahoe athletes have a history of doing well at the X Games – Jaime Anderson, Hannah Teter, Shaun White and Elena Hight are a few who have found success at these extreme games that include skiing, snowboarding and snowmobiling.

“The demographics of the X Games align perfectly with attractions and appeal of Lake Tahoe and its combination of outdoor recreation, spectacular natural beauty and 24-hour lifestyle,” Carol Chaplin with the LTVA said in announcing Tahoe making the initial cut.

The 2012, four-day event attracted approximately 108,000 spectators who contributed between $6 million to $10 million to the Aspen economy.

In the history of the games, which are owned by ESPN, they have been at Big Bear Lake (1997), Crested Butte (1998, 1999), Mount Snow, Vt. (2000, 2001), and Aspen (2002 through 2014).

Finalists will be picked in April, with the host area announced later this year.