

Seniors explore their past in memoir workshop

By Danielle McCrea, Las Vegas Sun

Five women sit in the quiet upstairs wing of a church, in a high-ceilinged room that serves as a computer lab, desktop computers sitting on rows of long tables. They take turns reading aloud from papers handwritten and typed with intimate stories of their past.

Linda Coble, 73, grey hair falling onto a thick flannel shirt, teases the room with a family secret involving her father. She alludes to homes for unwed mothers, child abuse and domestic violence. She doesn't disclose details but promises to write it all down so her children will know the truth.

Christie Haynes, 96, her voice shaky, shares a story of a family tradition of going "pine-nutting" in White Pine County. When her children were growing up, they would collect pine nuts after the frost had opened up cones on the trees and bring them home in a gunny sack to roast in the open stove. She passes around black-and-white family photos taken from 1906 to 1920.

Ann Marshall, 71, with curly blonde hair and bright eyes popping behind smile lines, shares a trick on how to draw out memories. She'd found a moon calendar online to check the sky from a night in July 1967, the night she drove her boyfriend's car – a 1963 white convertible Corvette – into a ditch on the French countryside. The calendar confirmed her memory of the "very, very dark" night.

The women are attending a weekly memoir-writing workshop. Some have been coming for months, others for only a week or two.

The "Life Stories" workshop, launched in 2010, is designed to

inspire the members of the older generation to put their most precious memories, good and bad, to paper. Many write for their families, others to tell first-person perspectives of history, and some for therapy, to cope with hard memories and make sense of the present.

Read the whole story

Creating a will should be on the to-do list

By Jeff Gorton

Of the trendy terms to come around in the past decade, “bucket list” remains among the most useful.

As a neologism, I hope it endures because it reminds us of how precious our time is – and that it’s important to plan wisely.

Unfortunately, after some have listed their items and even checked a few things off, they forget about one important item that really counts after they’ve “kicked the bucket – their will.

Only about 40 percent of adults in America have a will, which is probably due to people not wanting to be reminded of their own mortality and that life will go on without them, he says.

But what’s the alternative? If you die without one, the state decides what becomes of your property, without regard to your priorities.

I also advocate people make use of a written income plan (WIP), a living document that helps organize financial

priorities.

Why not enjoy the fact that a will is an instrument of power? You get to decide who gets what.

Since so many adults don't have a will, many don't understand how they work.

Here are the four basic parts:

- **Executors** – Most wills begin by naming an executor, the person responsible for carrying out the wishes outlined in the will. Duties include assessing the value of the estate, gathering the assets, paying inheritance tax and other debts if necessary, and distributing assets among beneficiaries. It is recommended that you name at least two executors in case your first choice is unable to fulfill the obligation.
- **Guardians** – A will allows you to designate a guardian for your minor children. Whomever you appoint, you will want to make sure beforehand that the individual is able and willing to assume the responsibility. For many people, this is the most important part of a will since, if you die without naming a guardian, the court will decide who takes care of your children.
- **Gifts** – This section enables you to identify people or organizations to whom you wish to give gifts of money or specific possessions, such as family heirlooms or a car. You can also specify conditional gifts, such as a sum of money to a young daughter, but only when she reaches a certain age.
- **Estate** – Your estate encompasses everything you own, including real property, financial investments, cash and personal possessions. Once you have identified specific gifts you would like to distribute, you can apportion the rest of your estate in equal shares among your heirs, or you can split it into percentages. For example, you may decide to give 45 percent each to two children and the remaining 10 percent to a

sibling.

You're not legally required to have a professional write a will for you, but I highly recommend you get certified help because these documents are often contested by people who are unhappy with the decisions you made. After working a lifetime for your assets, you deserve to have them go where you want after you're gone, and your family will be grateful to you for not leaving them with the headache of trying to sort out your estate.

Jeff Gorton is a certified public accountant and a certified financial planner specializing in individual tax and retirement planning.

It takes Friends to keep libraries open

By Kathryn Reed

"Whatever the cost of our libraries, the price is cheap compared to that of an ignorant nation."

– Walter Cronkite

But it takes a slew of volunteers to keep libraries open and to provide the diverse programs. No longer do taxpayer dollars foot the entire bill.

It is through nonprofits called Friends of the Library that these institutions remain a stable resource for communities. South Lake Tahoe is no different.

"Long term, when times are good the Friends have the

opportunity to enrich resources that are available to the community. When times are tough, Friends can support libraries on the basics,” Kay Henderson, president of South Lake Tahoe Friends of the Library, told *Lake Tahoe News*.



Book sales help fund library programs. Photo/Denise Haerr

The local chapter has existed for more than 50 years.

“The upstairs loft of Pat Amundson’s house at 961 Cave Rock once held the library. Then it was moved to Bob Wakeman’s on Highway 89, before the Friends of the Library finally were able to build the present library. The ‘new’ school (now South Tahoe Middle School) had a wall in one room devoted to books once it was built,” according to the Lake Tahoe Historical Society.

The South Lake Tahoe organization is one of six chapters of El Dorado County Friends of the Library.

The local group’s contributions include:

- Jeanne Wakatsuki Houston, “Farewell to Manzanar” author presentation.
- Free family summer performers.
- Free book distribution to children at community events.
- Improvements to community meeting room and community display

case.

- Yoga instruction, nutrition instruction, farmers' market cooking demo.
- Refreshments for Saturday morning classic movie series.
- Spanish language books for adults and children.
- Audiobooks and DVDs for children and adults.
- Free holiday concert for the community.
- Kindle and Nook instruction.
- Teen journaling workbooks.
- Summer music series on the lawn.
- Laptops for teen homework use.
- Supplies for early literacy storytime.

Book sales are the common way for Friends of the Library to raise money. On Sunday, the Friends are trying something a bit more ambitious.

"Whenever we have had the opportunity to bring a major author we get a major response. It seems to me there is a hunger for intellectual stimulation in the community," Henderson said.

That, coupled with the knowledge of successful fundraisers in Placerville, the Tahoe group came up with the idea of a Toast to Twain. Legendary Twain impersonator McAvoy Layne will help celebrate Twain's 178th birthday Nov. 3. The library will also be celebrating the publication of "Autobiography of Mark Twain, Volume 2".

Money for the South Lake Tahoe branch also comes in the form of grants, donations from the community, as well as people who have left a portion of their estate to the library.

No longer are libraries just about stacks of books – though those still exist. Libraries have been great adaptors to technology as well as keeping up with what interests the community.

“El Dorado County Library has been a real leader in providing digital books. You can check out books digitally,” Henderson said. “You can check online to see if the library system has a book, and you can order it to be saved for you at your local library.”

Programs at the library are often the result of the Friends coming up with the money to make it happen. The volunteers put a high value on the young children and teen reading programs. Library workers put on the events, while Friends buy supplies and prizes.

In the last handful of years the Friends have brought in speakers that range from authors to gardening specialists to cooking experts.

The whole goal is to provide enrichment to the community. And all of these events have been free because people support Friends of the Library.

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Notes:

- A Toast to Twain is Nov. 3 from 4-7pm. Tickets are limited and must be purchased by Oct. 30 at the library – 1000 Rufus Allen Blvd. They are \$40. The library is open today and Wednesday from 10am-8pm.
- To become a member of Friends of Library, applications are at the front desk or may be downloaded. Cost is \$10/year. It's not necessary to attend a meeting or volunteer at an event.
- The South Lake Tahoe branch is open Tuesday-Wednesday from 10am-8pm and Thursday-Friday-Saturday from 10am-5pm.

Series of caregiver classes in South Lake Tahoe

El Dorado County Health and Human Services Agency is putting on a series of free classes for seniors, family caregivers and other individuals called Aging and Caregiving.

This series is designed to provide instruction and support for caregivers who are or are planning to care for a family member or friend age 60 or greater. All classes will be Mondays from 1-3pm at Lake Tahoe Resort Hotel in South Lake Tahoe.

The informational sessions are:

Nov. 4, Defeating Guilt and Depression: Family members and caregivers may suffer from feelings of guilt and depression in their best attempts to care for their loved ones, especially around the holiday season. The goal of this session is to help participants find meaningful and empowering ways to reduce the stress of caregiving.

Nov. 11, Effective Assessments and Care Plans, The Assessment: Learn how to effectively complete a care needs assessment of your loved one. At the end of this session caregivers will be given a blank assessment to complete.

Nov. 18, Effective Assessments and Care Plans, The Care Plan: Learn how to effectively complete an individualized care plan based on the information gathered from the assessment completed after the previous session.

Nov. 25, Goodenough Speaks: Learn how the benefits of

meditation decreases your stress and increases your physical and mental health.

Advanced registration is requested, but not required. Call the El Dorado County Family Caregiver Support Program at (530) 621.6151 or 800.510.2020 to register. Free in-home respite care is available to qualified caregivers; call (530) 621.6151 or 800.510.2020 for scheduling and qualifications.

Halloween is all about horror movies

By Howie Nave

Let's face it, Halloween up here in Lake Tahoe is truly on par with the remaining biggies we have the rest of this year. Who would have ever thought that a holiday (that's right, I called it that) would have as many, if not more, movies associated with it than Christmas?

Call it my love of the scary, but I've been a fan of horror movies dating back when I was just a kid staying up late on a Saturday night watching "Creature Features" on KTVU Channel 2 growing up in the Bay Area before it became a Fox affiliate. Not only was the television my tutor at that hour, introducing me to the likes of a Lon Chaney Jr., Boris Karloff, Bela Lugosi and Vincent Price, but it also gave me ideas how I could scare my sisters on days other than Halloween.

There are so many good Halloween movies (and a few great ones, too) that you may be disappointed that yours wasn't included here. Maybe it will get you to rent and remember some of those classics that made you scream and laugh too because I've

included a couple of humorous horror flicks just to balance it out some.

Many of these I have on DVD and when the world gets weird I'll go down into my man cave, close the curtains, pop in a disc and crank it up to cover my screams just in case somebody might be lurking nearby.

"Halloween", R (1978)

What better way to kick off any Halloween Horror Fest than the namesake that would spawn over 20 sequels? "Halloween" is director/writer John Carpenter's horror masterpiece and introduced us to the new 'Queen of Scream' Jamie Lee Curtis long before she was regulated via Activia. "Halloween" set the sci-fi/horror standard in which other movies would soon copy. Starring the late, great Donald Pleasence as Dr. Sam Loomis, "Halloween" had it all didn't it? A psychotic murderer, The Shape (later to be known as Michael Myers in subsequent sequels) who loved to slash his victims, a terrifying music that sticks to your soul and by far one of the most frightening experiences I have ever had in a theater. There were some equally scary sequels but nothing that captured that first scream as the original.



"The Conjuring", R (2013)

Probably the best horror flick this year, "The Conjuring" was

directed by James Wan (probably best known for "Saw". The movie already captured my interest being an ensemble piece. First we're introduced to Ed and Lorraine Warren (Patrick Wilson and Vera Farmiga) who believe in the occult but are quick to understand that most events are easily explained hoaxes. Then there's the Perron family, Carolyn, Roger and their five daughters. This is my favorite couple played by the always reliable Ron Livingston and Lili Taylor. They call on the Warrens once they realize that the old house they invested in is, yes, haunted by nasty spirits. The Perrons have invested too much in an old house, which they gradually learn is haunted by spirits who mean to do them harm. Shot on a modest budget, director Wan knows all too well that his audience has probably seen every cliché out there so comes up with a mind-bending conclusion that will not only scare you silly but will leave you wanting more even though there isn't anything left except the possibility of sequel.

"The Cabin in the Woods", R (2012)

As a fan of horror movies and one who has pretty much, "seen it all" when it comes to predicting the storyline (I can usually tell you what's going to happen within the first 15 minutes of the feature) it's refreshing when a movie comes along like "The Cabin in the Woods" that isn't as formulaic as one would expect. Let's just say that you're not going to see this one coming. Oh sure, the movie starts out with the requisite college students, each with its own stereotypical character centered around a cabin where horrific things are happening. But wait, these undead wanting to kill the living (btw why do they always crave college-aged students?) don't just show up randomly. They appear to be controlled by scientists. Say what? Yes, beneath the cabin is a basement, and beneath that basement is where Richard Jenkins and Bradley Whitford hash out their dastardly schemes. But what's in it for them? I ain't tellin' but there is a surprise ending that reminded me a little of "The Hunger Games" meets John

Carpenter's "The Thing." Survival of the fittest but when those controlling the outcome are themselves upstaged that's when things get really interesting. "The Cabin in the Woods" was produced and co-written by Joss Whedon (creator of "Buffy the Vampire Slayer," "Angel") and directed by Drew Goddard (writer of "Cloverfield").

"Carrie", R (1976)

After seeing this year's remake (which was horrid, but not in a good way) I couldn't wait to dust off the original and see why the original was that good to begin with. Brian de Palma's masterpiece had an incredible cast that included Sissy Spacek, Piper Laurie and a very young John Travolta and Amy Irving. Carrie White is a shy girl who doesn't make friends easily and is bullied a lot at school because her classmates think she's a freak. Kids in high school can be so cruel, but what they don't know is that Carrie has some pretty unusual powers making her the ultimate revenge on bullies candidate. A classmate does take pity on her and convinces one Tommy Ross (her boyfriend and class hunk played by William Katt) to invite Carrie to the senior prom. Carrie cleans up nicely (on the outside) until you get her mad and then watch out. Some fundamentalists were offended by this movie but hey, aren't most of them anyway if there's even a hint of a devilish angle?

"Alien", R (1979)

To this day when you witness that alien bursting out of John Hurt's stomach you know that director Ridley Scott's terrifying flick has you captivated. "Alien" and it's sequel, "Aliens" (1986) are still two of the better sci-fi/horror flicks out there even though their version of high tech by today's standards looks antiquated. The aliens are still some of the creepiest and scariest I have ever seen in a movie which by the way were based on the work of H.R. Giger (for which he received an Academy Award under Best Visual Effects

category).

“The Exorcist”, R (1973)

It would forever typecast its little known actress, Linda Blair. After this flick it was tough for Blair to get any real serious roles forever typecast as that possessed girl who spit up pea soup. Of course it was supposed to be barf, but soon everyone found out it was pea soup and then people would always imitate her making a mess. One of the scariest and psychologically tinged movies ever, “The Exorcist” caused a sensation when it first premiered including religious protestors that of course only made me want to see it more. And yes, there were countless sequels and prequels but none of them holds up to the mother of all satanic movies.

“Hellraiser”, R (1987)

Clive Barker knows a thing or two when it comes to messing with people’s minds and this to me is one of his best in that department and one of the most original too. Originally titled, “Sodomasochists from Beyond the Grave,” Barker (who wrote, directed and produced) must have been on some sort of medication (or stopped taking it!) when he came up with this classic horror gem. The character of Pinhead, the lead Cenobite is truly one of the more original icons in horror. You’ll never play with a Rubik’s Cube again if you haven’t seen this classic that’s for sure. Go ahead I dare ya.

“Saw”, R (2004)

Also directed by James Wan (based on his story) “Saw” not only became a cult classic overnight but would eventually spawn four sequels. Shot primarily in one place, we’re introduced to Adam Stanheight (Leigh Whannell) who awakens in a water-filled bathtub in an industrial bathroom. Right across from him is Lawrence Gordon (Cary Elwes). Both men are chained at the ankle to pipes, and a corpse is lying face down in a pool of blood between them holding a microcassette recorder and one

revolver. They find tapes in their pockets, and Adam is able to retrieve the recorder. Adam's tape instructs him to escape, while Lawrence's tape instructs him to kill Adam before six o'clock, or his wife and daughter will be killed and he will be left to die. It's mind-provoking and clues are slowly found that could assist in their escape including two hacksaws which are best used for cutting off their feet in order to escape. There's much more but suffice it to say not for the faint of heart.

"The Grudge", R (2004)

Based on Takashi Shimizu's Japanese movie, "Ju-On: The Grudge") the American version is just as good. Why? Because someone out there in Hollywood was smart enough to let Takashi Shimizu do a remake from his own movie. How about that? The original creator gets to do his own work and – wow – the results are impressive. Starring Sarah Michelle Gellar as an American nurse living and working in Tokyo, she discovers (and is exposed) to a mysterious curse that causes a person to experience an uncontrollable rage before taking their life. The part that still creeps me out is that of images of zombied looking kids in this waterlogged black and white image with freaky noises that stay with you long after the movie has ended. You'll never want to enter an uninhabited house again unless accompanied by an army of eye witnesses.

“Shaun of the Dead”, R (2004)



Got a have a funny horror flick and nothing says, funny better than a Simon Pegg movie especially when it involves zombies. The British horror comedy “Shaun of the Dead” makes scary sexy. By treating the genre as a joke Pegg gets plenty of mileage with his dry wit making this satire one of the best comedy/horror one of the funniest I’ve ever seen outside of “An American Werewolf in London.” When zombies start descending on London the media declare it “Z-Day” in the U.K. Pegg, who wrote the screenplay with director, Edgar Wright, plays the title character, a hapless 29-year-old clerk who, with his best friend Ed (Nick Frost) plot a plan to make a safe exit along with Shaun’s on-again, off-again sweetheart, Liz (Kate Ashfield). The movie also stars Bill Nighy and trust me one of the funniest movies I’ve ever seen with regard to brain-eating zombies.

“The Thing”, R (1982)

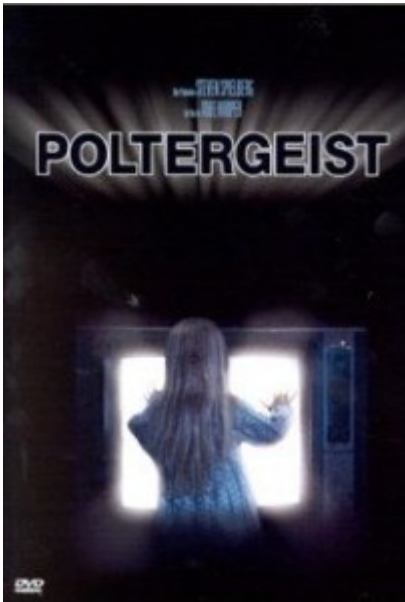
Hands down one of the best remakes ever/ How good? Well, there was a prequel that came out earlier this year that takes you up to the 1982 remake that’s how good. I first saw this as a double feature in the theater (yes kids, they used to let you see two movies sometimes for the price of one) not knowing what to expect but was literally blown out of my seat when I did see it. It was that good. Starring a bearded Kurt Russell

as the head of an American Antarctic expedition "The Thing" still boasts some of the best special effects ever and has an all-star stellar cast that includes Wilford Brimley, T. K. Carter, David Clennon, Keith David, Richard A. Dysart and Charles Hallahan. Directed by the master himself, John Carpenter, you'll be grabbing anything when you see what happens when an alien being replicates itself into anything starting with huskies and moving on up from there. Every movie mentioned so far has had a sequel or two and yet this one is the one that I wanted to see a sequel but alas-Carpenter felt otherwise.

"Paranormal Activity", R (2007)

The original was good and I could see having a sequel was inevitable but three sequels? Someone went to the horror well a little too often and that's why global warming is not a myth. The original was good because of its low-budget quality that made it appear so real with its single-camera, rapid-movement-shot in the first-person style. With each subsequent sequel the budget got bigger as the quality depreciated. "Paranormal Activity" works in much the same way another very low-budget flick, "The Blair Witch Project." The tension is just as shaky as those hand-held cameras are. You know the story is good when you don't require any big names to carry your picture. Of course that makes it easier for the filmmakers to control their young actors lest they want to be killed off and not be in another sequel.

“Poltergeist”, PG-13 (1982)



Would you believe that back then executive producer (and writer) Steven Spielberg had to lobby to give this movie a PG rating? The film was originally given an R rating so he (along with the filmmakers) protested successfully and got a PG rating (the PG-13 rating did not exist at the time). This was the movie that gave us the immortal line, “They’re baaaaaack” that was uttered by Heather O’Rourke, the cute little blonde who played Carol Anne, daughter of Craig T. Nelson and JoBeth Williams in the movie. The movie is a stark reminder of what happens when developers, in their zeal to construct urban sprawl forget to move bodies from a cemetery they are building on. The movie took on a life of its own with real life actors dying in each production. The eldest daughter in the movie (played by Dominique Dunne) was killed in real life by her boyfriend upon completion of the first film. Actor Julian Beck died of stomach cancer after shooting the second film and actress Heather O’ Rourke died of a mystery case of intestinal stenosis shortly before completion of the third film. Also, many cast members’ careers have suffered after appearing in the films. The ghosts at first appear friendly moving moving objects around the house to the amusement of everyone but then they turn nasty and start to terrorize the family before they “kidnap” Carol Anne. Still a great scare factor to this day, “Poltergeist” has a great story and great effects that rival

only that of "The Thing."

"28 Days Later", R (2003)

Who would have guessed that the same guy who directed last year's Summer Olympic Games in London would also be the same chap who brought us "28 Days Later" revolving around a deadly virus? Is it airborne? Can I get it from shaking somebody's hand? Will it kill me slowly and is there a host to help find me a cure? Only Boyle has the answer and he plays on this common fear combining the terror of its after effects turning one into a zombie. The movie also takes a look at what might happen if we experiment on things that go unchecked. It's that unknown element that can be the scariest psychologically playing off our minds. We're introduced to Londoner Jim (Cillian Murphy) who wakes up in a hospital room all alone and no one else is in the entire hospital either. He puts his clothes on, walks out into the empty streets and does see other survivors, but how long will they last? Are they exposed as well? It's not pleasant and I can now see why people become germaphobes after seeing this movie.

"Psycho", PG (1960)

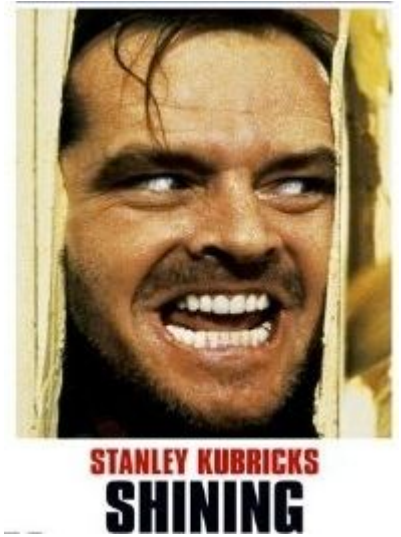
"Psycho" is that one movie that would forever make showers a scary experience (if you're a woman) and brand those of the male species a "momma's boy" forever, but taking to the next creepiest level. Leave it to Alfred Hitchcock to deliver one of the truly frightening masterpieces of all time. Phoenix office worker Marion Crane (Janet Leigh) is fed up with the way life has treated her. She has to meet her lover Sam (John Gavin) at lunch breaks and they cannot get married because Sam has to give most of his money away in alimony payments. One Friday afternoon Marion is entrusted to bank \$40,000 by her employer. Seeing the opportunity to take the money and run, Marion leaves town and heads toward Sam's California store. Tired after the long drive and caught in a storm, she gets off the main highway and pulls into The Bates Motel. The motel is

managed by a quiet young man called Norman (Anthony Perkins) who seems to be dominated by his mother. An interesting piece of trivia: After the film's release Hitchcock received an angry letter from the father of a girl who refused to have a bath after seeing "Les Diaboliques" (also on this list), and now refused to shower after seeing "Psycho." Hitchcock sent a note back to the father simply saying "Send her to the dry cleaners."

"A Nightmare on Elm Street", R (1984)

Outside of John Carpenter, Clive Barker and George Romero, I kind of know I'm going to pretty much enjoy my scare factor when I see horror master Wes Craven's name attached to it. And with "A Nightmare on Elm Street" I wasn't disappointed. One could argue that many a subsequent horror flick borrowed their chops (no pun intended) from Craven's original "Elm Street". High school kids being killed off in a small town and nobody knows why. Enter Nancy Thompson (Heather Langenkamp) playing detective who traces the cause to Freddy Krueger (Robert Englund), a disfigured bum in a slouch hat who sporting knives for fingernails long before Wolverine made it sexy. Still holds up as classic slasher that I think horror fans continue to hold in high esteem in part because it comes across as low-budget and with an intelligent (and original) script featuring some pretty impressive newcomers such as Johnny Depp, Ronee Blakley and Amanda Wyss with Craven himself directing.

"The Shining", R (1980)



The pairing of director Stanley Kubrick with Jack Nicholson's cold and frightening character (also named Jack) defined this movie and the career of both. "The Shining" introduces the viewer to Jack Torrance (Nicholson), a man who plans to spend the winter in solitude with his wife, Wendy (Shelley Duvall) and son, Danny (Danny Lloyd) as Jack becomes the caretaker of the Overlook Hotel just as workers are shutting it down for the winter. Chef Dick Hallorann (the classic Scatman Crothers) is one of the crew but the movie centers almost entirely around Jack and his slow, deterioration into madness writing the novel that is page after page of the same line. For me it's a psychological mind -- at its best and a movie that would label Shelley Duvall as the Queen of Scream and one that every young actress would have to emulate in order to be considered as the leading lady for any horror flick.

"Night Of The Living Dead", R (1968)

If this movie were made today, it would be considered tame compared to the current crop of gore flicks out there. "Night of the Living Dead" is a true classic (and always will be) that definitely deserves its place in the Smithsonian Institute of Horror. The movie is still quite effective shot in glorious black and white. I had the rare privilege of seeing this film in a theater at a midnight screening. The audience found themselves screaming and jumping as I did in

certain parts of the film. It's raining weird rays from outer space that causes the dead to awaken from their graves to feed on human flesh for sustenance. After seeing this movie originally on television, I never slept near my sister again when camping with the family.

"Jaws", PG (1975)

This was the movie that literally put a young Steven Spielberg on the cinematic map and if you think the PG rating is too tame, you're correct, but back then they hadn't come up with the PG-13 rating which is what this should be if seen today. This is one of the best psychological horror-adventure flicks I've seen in a while. The idea of a lone, killer shark bent on eating people in a vacation resort community just begs buffet specials. That coupled with the signature shark music of John Williams makes this an all time fav of mine and even to this day I ask myself, "Is it safe to go into the water?"

"Diabolique", R (1955)

This movie (original French title "Les Diaboliques") centers around a nasty headmaster having an affair on his wife who, as it turns out treats his mistress just as badly as he treats his wife. In a twisted three-way the two women conspire to do in he headmaster Robert Bloch, author of "Psycho," called this his favorite horror movie.

Honorable mentions:

There are so many other flicks that make Halloween worth celebrating including "Basket Case" (1982), "The Omen" (1976), "House of Wax" (not the Paris Hilton version but the original 1953 rendition with Vincent Price), "The Haunting" (1963), "The Blair Witch Project" (1999), "Dracula" (1931), "The Birds" (1963), "Scanners," "The Fly" (1958), "Seven" (1995). For campy horror fun you must see "An American Werewolf in London" (1981), "Scream" (1996), "Zombieland" (2009).

Howie Nave is host/emcee/manager of The Improv at Harveys. You can hear him Monday-Friday 6 to 10am on KRLT FM-93.9.

Questioning Halloween costumes for teen girls

By Caitlin Cozine, Contra Costa Times

As a teenage girl, the idea of choosing a Halloween costume fills me with dread.

Browse any Halloween costume website, and you'll see that for girls who have outgrown children's sizes, selections are limited to costumes with names such as Bad Kitty, Teenage Runaway Schoolgirl, Maid of Lace and Sweet Suga Mama Sexy Adult Pimp/Ho. In case you think you've accidentally clicked on a porn site, be assured you haven't. These are actual names of costumes.

Halloween used to be my favorite holiday. I loved the opportunity to dress up and act silly with my friends. I still love the holiday, but now I agonize over the lack of costume choices. When I visited a Halloween store recently, the female section had frilly princess costumes for children, and the aisle directly across had women's costumes that ranged from a sexy police officer with a miniskirt and fishnet leggings to a naughty vampire slayer equipped with a skintight shirt and extra-short shorts.

In the male section, options abounded: superheroes, ninjas, pirates, cowboys, even professionals such as doctors or firefighters. The only occupational costumes in the female section were prefaced by the word "sexy," as in sexy doctor or

sexy nurse.

The message is clear: Boys have lots of choices to be whatever they want, while girls generally fall into two categories – princess or trollop. These categories don't mirror the reality of girls in our world. Do people seriously think that teenage girls transition immediately from children's costumes to fishnet stockings and sequin-tasseled bras?

Read the whole story

Tahoe Tails – Adoptable Pets in South Lake Tahoe



Geoffrey

Geoffrey is a 2-year-old goof. He looks like a Lab, except that he's a little bigger than your average Lab, and he has wiry hair and a scraggly beard. He is one-quarter Irish Wolfhound.

And he's got tons of energy, and very few manners. He'd just as soon jump on you as pull you down the street. But he is handsome, and very sweet and affectionate. He'll lean up against you and try to jump into your lap within seconds of

meeting you. With a few lessons and firm, consistent handling, Geoffrey will be a great, well-behaved family pet.

Geoffrey is neutered, microchipped, and vaccinated. He is at the El Dorado County Animal Services shelter in Meyers, along with many other dogs and cats who are waiting for their new homes.

Go online to see photos and descriptions of all pets at the shelter.

Call (530) 573.7925 for directions, hours, and other information on adopting a pet.

For spay-neuter assistance for South Tahoe residents, go online.

– Karen Kuentz

Shoulder injuries don't have to end in surgery

By Kathryn Reed

STATELINE – Knee injuries aren't the only thing skiers and snowboarders need to worry about. Orthopedists in Lake Tahoe see a number of dislocated shoulders, too.

Kyle Swanson, a doctor with Tahoe Orthopedics & Sports Medicine, went over the various shoulder injuries and treatments during a lecture Oct. 23 at Kahle Community Center.

While dislocation is common in younger people, many shoulder issues tend to be associated with age. But for those who

experience a dislocated shoulder when they are younger than 25, there is a 75 percent chance it will happen again.



Alan Barichievich, front, demonstrates shoulder exercises. Photo/LTN

Swanson showed videos of some of his surgeries. He does between 50 and 100 a year. Some of the nearly 40 people in the audience turned away at the magnified mess of shoulder innards.

It looked like a pair of pliers pulling the tendon back in place. Anchors are placed several places to hold things together during the healing process. Bone marrow is popping – to which Swanson says, “This is a good thing.” Even the needle for the suturing process is visible on the video.

Swanson is not a huge proponent of cortisone injections – and certainly not more than twice a year. He also believes surgery should be the last resort.

“We are living longer and we are active longer,” Swanson said are the reasons more people are having shoulder issues.

Thirty percent of people between the ages 40 and 60 can expect a rotator cuff tear, and 80 percent of those older than 60.

Surgery is not always needed for rotator cuff tears. It depends on the person. Sometimes physical therapy can help increase range of motion.

The cause could be a single traumatic event or repetitive stress.

Then there are the people who need total shoulder replacement surgery.

What doctors can't cure is shoulder arthritis.

Eventually anyone who has had an injury to a joint is going to get arthritis, Swanson said. An X-ray is the definitive way to diagnosis it.

"Shoulders can tolerate a lot of arthritis because they are not weight bearing," Swanson said.

He said studies involving stem cells and platelet-rich plasma are showing positive signs in terms of helping restore the lost cartilage.

Alan Barichievich, director of rehabilitation for Barton Health, said his goal is to keep people out of Swanson's office.

Stretching and exercising are important. And it's not the just the shoulder to pay attention to – core exercises like the plank are important, good posture can increase range of motion, how the ribs and thoracic vertebrae move can also affect the shoulder.

"Pushups is one of the greatest exercises. I'm a big proponent of gravity," Barichievich said.

He brought up a half dozen spectators to participate in a series of eight exercises using a TheraBand. He prefers a circuit of exercises instead of doing a ton of reps.

"The key is doing exercise for prevention," Swanson said. He would rather people do more repetitions instead of lifting a ton of weight.

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Note: The next free health lecture from Barton Health is Nov. 6 from 6-7pm at Lake Tahoe Community College's board room. Barichievich will team with doctor Terry Orr to talk about winter sports knee injuries.

Bradshaw turns football life into comedy routine

Terry Bradshaw loves to perform. The legendary Hall of Fame Steelers quarterback, football announcer, actor and author will bring his comedy musings and a water cooler full of songs and stories to MontBleu in Stateline on Dec. 13.

"Terry Bradshaw America's Favorite Dumb Blonde – A Life in Four Quarters" is the equivalent of a 90-minute football huddle. That is if a football huddle included backup singers, video, dance numbers, and the quarterback telling his life story.

Bradshaw's one-man show premiered in June at the Mirage in Las Vegas.

The show begins at 9pm. Tickets cost \$35 to \$45 and are available through Ticketmaster or the MontBleu Box Office, 888.829.7630.

Pets tricked into Halloween costume tradition

By Charles Passy, Market Watch

Perrie Susman devotes plenty of time to picking the perfect Halloween costume. In previous years, she's opted for skeleton, frog and cow outfits. This Halloween, she's going with a Headless Horseman theme, she says.

But Susman, a rehabilitation aide in West Palm Beach, Fla., is not talking about the outfit she herself will wear on Oct. 31. Instead, she's referring to the costume she's purchased for Domino, her five-year-old Lab-pit bull mix.

"I do it because I like to dress up and I like to have somebody to dress up with," says Susman.

Yes, Halloween has gone to the dogs. And the cats, too. Sales of pet costumes have soared in recent years, growing by 68 percent – from \$220 million in 2010 to \$370 million in 2012, according to the National Retail Federation. And individual retailers say they see demand only increasing in the years ahead. PetSmart points to the fact that it now carries 111 styles of pet costumes and accessories; it's even starting to offer items for "small animals."

Read the whole story