

Study: Treatment for strokes needs improving

By Melissa Healy, Los Angeles Times

Having a stroke, or even a transient ischemic attack (a TIA, often called a “mini-stroke”) can be a costly watershed in a person’s life. Statistically, it deducts years from patients’ lives. But it claims another toll too: in quality of life after the stroke has happened. New research tallies the combined cost of those two very different measures, and suggests that current treatments for stroke aren’t doing nearly enough to minimize strokes’ true cost.

The study, published Wednesday in the journal *Neurology*, is an exercise in health economics that seeks to generate a fuller picture of a disease’s cost. That calculation gives insurers, hospital administrators and public health officials a better – and hopefully more humane – basis for deciding which treatments are most “cost-effective.”

If a treatment for stroke – the costly administration of the clot buster called tissue plasminogen activator, or tPA, for instance – saves people from dying when properly used (as it does), that’s a plus. But if it also reduces disability and allows more stroke patients to return to fuller function than they would have without it, that’s even better. The treatment has not only added years to life, it has added life to years, and that makes it a better treatment.

Read the whole story

Lecture on water rights at Pyramid Lake

UC Davis Tahoe Environmental Research Center's monthly lecture series continues with a presentation on water rights at Pyramid Lake on Nov. 14.

Kate Berry, professor of geography at UNR, will discuss her research at the Tahoe Center for Environmental Sciences.

Water is significant in shaping the social dynamics of communities, most especially in arid lands. Yet communities within the same watershed often have different interests, aesthetics, geographies and histories, many of which may connect back to the role of water. This is true along the Truckee River, whose 100-plus mile course connects Lake Tahoe with Pyramid Lake. This presentation will provide insight into the roles that water has for the Pyramid Lake Paiute Reservation, considering how it has shaped the tribe's water culture and water governance.

The Tahoe Center for Environmental Sciences is located at 291 Country Club Drive in Incline Village on the campus of Sierra Nevada College.

The talk begins at 6pm. A \$5 donation is suggested.

For more information or directions call, (775) 881.7566.

Matthew Shepard's legacy lives on 15 years later

Publisher's note: *A documentary film about the life of Matthew Shepard will be shown at Lake Tahoe Community College on Oct. 12 at 7:30pm in the Duke Theatre. Tickets are \$5 at the door. The LTCC Theater Arts Department will present the play "The Laramie Project: 10 Years Later" in November.*

By John M. Glionna, Los Angeles Times

LARAMIE, Wyo. — Every year, the day sneaks on up Judy Shepard to deliver its sucker punch from the past: The 12th of October. The day Matthew died.

"It hits you and you say to yourself: Oh, this is the day," she says. "This is why I feel so terrible."

Fifteen years ago this week, gay college student Matthew Shepard was pistol-whipped and left for dead: unconscious, barely alive, lashed to a jagged wooden fence outside this small prairie city by two men disgusted by his homosexuality. A passerby mistook the diminutive, 105-pound Shepard for a scarecrow — a forlorn and unthinkable image that still haunts a generation of Americans.

Judy Shepard refuses to associate her son with that image or with the date that he died, six days after the attack. Instead, she summons memories of her eldest boy on Dec. 1, his birthday, celebrating his love for politics, languages and the spectacle of the musical "The Phantom of the Opera."

On the anniversary of her son's death, Shepard thinks not of the past, but of the future. As co-founder of the Matthew Shepard Foundation and a tireless advocate for gay rights, she's hosting the annual mid-October fundraiser at the group's Denver headquarters to support its work promoting tolerance.

That's when she tries to gauge just how far Wyoming and the nation have come in their acceptance of others in the years since Matthew's murder.

Often the answer isn't comforting.

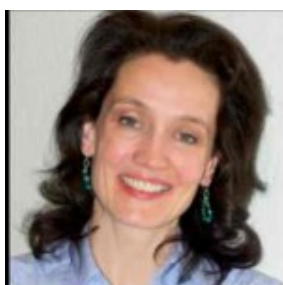
Read the whole story

Your body may be saying you are stressed

By Mandy Kendall

Are you sick and tired of being sick and tired? More and more studies are showing that stress is one of the major causes of physical illness today. Recent government statistics show that 75 to 90 percent of doctor's visits are stress related.

Some stresses are short lived (traffic jams or a deadline at work) and when they are over the stress is released. However, there are many stresses that stay with us for long periods of time, sometimes for a lifetime. These chronic stressful situations (a high pressured job, family or financial situations, for example) can have a tremendously negative impact on our health.



Mandy Kendall

Who can get stressed?

Pretty much everyone experiences stress in one way or another. Kids especially can be put under huge amounts of pressure by peers, parents, teachers and themselves to conform to social expectations. Generally anything that makes you feel unhappy, out of control or under pressure is probably a sign of stress.

What are stressors?

Stressors (things that cause us stress) come in many different guises. Work, finances, family pressures are in the list of top stress inducers. Self imposed pressure is also a big contributor to stress. We can expect far too much of ourselves in today's world and, when you couple that with all the external factors in our lives, it's not surprising that it can all get so overwhelming.

So, how do we know if we're stressed?

Frequent illness – If you find that you catch everything going, getting one cold after another, and when you do get sick it takes ages for you to get better, this may be a strong indicator that your immune system is compromised and stress can be one of the biggest factors. If you've ruled out any underlying condition that could be undermining your defenses, chances are the stress in your life is making you sick.

Our bodies are great at telling us we are being stressed, often it starts with small indicators like losing a little sleep, having an upset stomach, getting a headache or having heart palpitations. If we don't address the issues (i.e. the stuff that is causing us to be stressed) our bodies will just continue to send us signals, i.e. waking a few times a night can then turn into insomnia, an upset stomach turns into irritable bowel syndrome, a slight headache turns into a migraine and a rapid heartbeat turns into a panic attack, and the list goes on. Some other common signs of stress include: high blood pressure, frequent illness, weight gain or loss and

back pain.

Can my stress affect people around me?

Stress is not contagious like a disease, but those close to you can be affected by the stress in your life. Researchers at the Children's Hospital of Philadelphia published a report in *Pediatrics* in October 2012 explaining that a number of stressors from parents can increase the risk of obesity in their children. The report states, "Stress in parents may be an important risk factor for child obesity and related behaviors. The severity and number of stressors are important." Your ability to have normal healthy relationships with your family and friends can be greatly reduced when you are under stress. Not only might you be physically unwell enough to spend time with them, but your reduced mood and ability to cope with day-to-day things might not make you much fun to be around.

How to deal with it

Come up with a strategy – Whatever works to calm your world and your body do it as often as you can. Whether it's time with family or friends (or just time alone), exercise, meditation, or perhaps a massage. Everyone has different de-stressors that work for them.

Give yourself time and permission, this is not pampering yourself. You're not being selfish. This is a "put on your oxygen mask before helping others" strategy. You will be no good to anyone if stress gets the better of you. Be selfish for the sake of everyone you care about.

Focus on the things you can control – There is much that can be learnt from the serenity prayer: "Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and wisdom to know the difference." For a long time now my husband and I have purposefully not watched the news and we feel so much better for it. We choose how we find

out about local, national and international events that don't come with all the hype and graphic images you see on TV.

Be honest with yourself – Sometimes just putting all your worries and concerns on a piece of paper can be very revealing, especially if you list them under headings of “the things I can control” and “the things I can't control”.

What would you say to someone else experiencing your issues – This one can take some practice but can be incredibly effective. Think about something that is causing you stress and then imagine someone you love and care about telling you they have this issue. Then think about what you would say to help them. We are often our own harshest critics, and our advice is often very different when it comes from a place of love and caring.

Don't be afraid to ask for help – A problem shared really can be a problem halved. Often our perception of a situation can get grossly over-exaggerated in our heads and just getting some feedback from an objective standpoint can put things into perspective. Whether it is professional therapeutic advice or a trusted friend to talk to.

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.

Tahoe, Reno to be set for major motion picture

By Carl Lygren, KOL0-TV

It's a sign Nevada's film incentive program will be successful; a local casting agency is holding auditions this week for a film that's set to be shot in Reno and Lake Tahoe in the coming weeks.

The production will take place entirely within the state of Nevada. Even though film incentives don't become law until next year, producers tell us they're building a framework now, so they can hit the ground running in January.

Lake Tahoe's tranquil waters, disrupted by a carnivorous beast.

"It's a thriller movie; it's being directed by a local director, Jerry Duggan," said Jeffrey Spilman, a producer with Reno Tahoe Studios.

"Shark Movie," as it is currently being called, is set to begin filming next Monday in Northern Nevada.

Read the whole story

Series of age-related classes in S. Tahoe

El Dorado County Health and Human Services Agency and Active Aging program are presenting a free educational series in

South Lake Tahoe. The series will give instruction and support to people 60 years and older and to their family members and friends.

The classes will be on Mondays from 1-3pm from Oct. 21-Nov. 25 at Lake Tahoe Resort Hotel.

The classes are:

- Oct. 21, The Healthy Plate: Learn ways to control and improve caloric and nutritional intake by using the "Plate" method. Compare and contrast various methods to compose meals for optimal health.
- Oct. 28, The 4 D's: Learn to distinguish the differences between delirium, delusions, dementia and depression. "The 4 D's" are ailments that will at one time or another affect many frail or aging individuals.
- Nov. 4, Defeating Guilt and Depression: Family members of aging persons, and those who care for aged individuals, may suffer from feelings of guilt and depression in their best attempts to provide care. This session helps participants find meaningful and empowering ways to reduce stress.
- Nov. 11, Effective Assessments and Care Plans – The Assessment: Learn how to effectively complete a care needs assessment of a loved one. At the end of this session, participants will be given a blank assessment to complete on their loved one's behalf.
- Nov. 18, Effective Assessments and Care Plans – The Care plan: Learn how to effectively complete an individualized care plan based on information gathered from the assessment as part of the Nov. 11 class.
- Nov. 25, Goodenough Speaks: Learn how the benefits of meditation decrease stress and increase physical and mental health.

Advanced registration is requested, but not required for the classes. Call (530) 621.6151 or 800.510.2020 to register for one or more classes, or for questions about respite care.

Class to focus on Calif. HR issues

CalSHRM and Sierra HR Association will be presenting California Employment Law Essentials for Business so small business owners, office managers, department managers & supervisors, and human resource practitioners who need to gain essential knowledge in the unique and complex system of California employment laws will have the opportunity to do so locally.

In partnership with the Nevada County Regional Chambers of Commerce, this one day six-hour workshop is Oct. 11 from 9am-4pm at Esterly Hall in Grass Valley.

Attendees will receive in-depth knowledge on California specific employment laws regarding wage and hour issues, the confusing and intertwined web of paid and unpaid leaves of absence, employee & employer relations concerns including hiring and termination procedures in California, privacy laws, requirements for state contractors, required supervisory training under SB1825, retaliation and discrimination protection laws, and dozens of others must know topics.

The speaker is Mike Letizia, the president-elect of CalSHRM, the California State Council of the Society of Human Resource Management.

The cost for the workshop is \$199 for SHRM members, \$229 for Regional Chamber of Commerce Members and \$249 for non-members and includes lunch. Seating is limited and advance registration is required – (530) 265.7093 or (530) 573.0224.

Book talks about how poverty is not that rare

By Kel Munger, Sacramento Bee

If you don't think you know any poor people, think again.

According to Sacramento journalist and author Sasha Abramsky, we all know someone who is economically insecure. "If you knock on doors in your neighborhood, you'll find someone who has needed food assistance, someone who is underwater on their mortgage, or someone who lost their job and their savings in the recession," he said.

Abramsky is a fellow at Demos, a progressive public policy institute. He's also a research affiliate at the UC Davis Center for Poverty Research and a contributor to The Nation and Salon. In the course of researching his new book, "The American Way of Poverty: How the Other Half Still Lives", he visited roughly two dozen states and interviewed more than a hundred people to report on the financial instability that affects so many in the United States.

"Everyone knows someone who is experiencing poverty," Abramsky said. "This is the single most common shared experience in modern-day America."

Read the whole story

‘Elevation: A Backcountry Film’ to air in Tahoe City

Alpenglow Sports in Tahoe City is hosting the Tahoe premier of “Elevation: A Backcountry Film” on Oct. 14 at 7pm.

The latest grassroots offering from well-known Salt Lake City outfit Powderhore Productions, the film will take the audience on adventures in the Ruth Gorge of Alaska, the Cascades, Tetons, and Powderhore’s home terrain of the endlessly-deep Wasatch Mountains.

Join world-famous athletes Andrew McLean for steep descents in the Alaska Range, the Dorais Brothers for their speed ascent records on Mt. Rainer and the Grand Teton, Will Cardamone for Wallowa, Ore., touring, and endless other ski tales that will excite and inspire for the upcoming season.

“Elevation” documents the revolution currently taking place in backcountry skiing. With such resurgence into backcountry skiing, the Powderhores look for real adventure beyond the tightly wound, firmly stretched orange and black ropes that “protect” skiers from realizing freedom. Putting in the perspiration and inspiration leads to elevation.

Doors open at 6:15pm and attendees are encouraged to come early for good seating. Adult beverages will be provided by Big Sky Brewery for those of age.

Call (530) 583.6917 with any questions.

Brandon Mitchell Underhill – 1979-2013

Mitch Underhill, born and raised in South Lake Tahoe, and an avid all-mountain adventurer, unexpectedly passed away. He was 34.

Family and friends will deeply miss his loving, kind, and beautiful spirit, as well as his warm smile, infectious laugh, and passion for the outdoors. Mitch had a deep connection to the mountains and said that the higher he climbed, the closer he felt to God.

From an early age, Mitch loved exploring Lake Tahoe and the surrounding Sierra Nevada – with a particular affection for Yosemite National Park and the Eastern Sierra. Mitch was a natural athlete. His preferred sports were rock climbing, skiing, surfing, and more recently paddleboarding.



Mitch Underhill

From elementary school through middle school, he participated in the Buddy Werner ski program at Sierra-at-Tahoe. At age 17, Mitch and his best friend, Ryan Shreve, climbed the Nose of El Capitan in Yosemite for their senior high school project.

Mitch's passion for the outdoors continued on with thousands of adventures that included surfing and climbing trips to Thailand, Nicaragua, Hawaii, the Alps, and Alaska.

There is no doubt that Mitch lived his life to its fullest – every day.

His love of the outdoors ultimately led him to his beloved wife, Sarah (Felchlin) Underhill, who shared his passion for climbing, adventure, and Lake Tahoe.

Mitch and Sarah were married at the Ahwahnee Hotel in Yosemite National Park in 2007. They have two boys, Mason James (3 years) and Cedar Matthew (16 months). Mitch was a proud and exceptional father and adored his young sons. He frequently took them on backpacking, climbing, skiing, paddleboarding, and fishing excursions. Mitch was seen often the past few summers paddleboarding with his oldest son, Mason, and Springer Spaniel, Juniper, at Baldwin Beach, Rubicon Point, and Emerald Bay.

Mitch also had a profound love for music and was a beautiful guitarist, playing music for his wife and sons daily.

Mitch graduated from South Tahoe High School in 1997. He earned a bachelor's of science in kinesiology from Westmont College in Montecito in 2002. While at college, Mitch gained a profound appreciation for surfing and the Pacific Ocean. Over the years after college, he worked as ski patrol for Sierra-at-Tahoe and as a U.S. Forest Service backcountry ranger. He graduated from paramedic school in early 2005 and later that year was hired as a firefighter-paramedic with Lake Valley Fire Protection District. Mitch was among the first brave firefighters on scene to battle the 2007 Angora wildfire, often recalling his experience driving through a wall of flames along Tahoe Mountain Road en route to save homes in the neighborhood below Angora Ridge.

Mitch is survived by his loving and devoted wife, Sarah

(Felchlin) Underhill; sons Mason and Cedar Underhill; father and mother John and Jody Underhill; brother and sister-in-law Matthew and Danielle Underhill; sister and brother-in-law Corrie and Brian Aggers; father-in-law J. Chris Felchlin; mother-in-law Vera Freeman Felchlin (Benjamin R. Fletcher); brother-in-law Chris Felchlin; nieces Mattison and Marin Underhill; nephews, Drew Aggers and Jake and Alex Felchlin; godson, Lars Romsos, and cousins, Scott, Shane, Mollie and Lauren Romsos.

He was preceded in death by his grandfathers and grandmothers, Warren and Margaret Romsos and Thomas and Ruth Underhill, and uncle, Brian Romsos.

The Underhill and Felchlin families would like to express their sincere appreciation for all of the love and support provided by the community and friends from afar. A website has been established for family and friends to share pictures and memories of their treasured time with Mitch.

A memorial service will be on Oct. 20 at 2pm at St. Theresa Church, 1041 Lyons Ave., South Lake Tahoe.

In lieu of flowers, donations to help Mitch's family may be made at any El Dorado Savings Bank branch or sent to El Dorado Savings Bank, 1036 Al Tahoe Blvd., South Lake Tahoe, CA 96150 under the "Sarah Underhill Family Fund".