

Bread & Broth in need of volunteers

Bread & Broth is a nonprofit, non-denominational, all volunteer program whose goal is to feed the neediest members of the South Lake Tahoe community. The Bread & Broth program is looking for community members who are interested in joining our dedicated team of volunteers.

There are many opportunities for serving in Bread & Broth's program. Volunteers are needed for food and supply pickups from contributing stores, farmer's markets and regional food banks. There are five Monday and Friday evening "food service teams" with each team serving a specific week of the month. The food service team members who serve from 3-6pm are responsible for setting up, serving the meals and dish washing duty.

In addition, every Monday has a cleanup crew serving from 5:15-6:30pm, which stacks chairs, cleans and takes down tables, vacuums and mops the kitchen floor.

Bread & Broth also needs substitute volunteers to fill in for regular crew member vacancies. A deep cleaning crew comes in every three months and gives the kitchen a through degreasing and cleaning.

As a volunteer, you can come in one Monday a month as a food service team member or a cleanup crew member. Food collection occurs on a weekly basis.

A food safety class is required for food service and substitute food service team volunteering. The next Food Safety Training Class is scheduled for Feb. 11th at 6pm at Grace Hall, St. Theresa Church. Attendees will learn more about our program, opportunities to serve and the safety issues associated with serving meals to guests.

Finally, Bread & Broth is also in need of a communications chairperson who is responsible for updating B&B's website and communicating B&B information to the community.

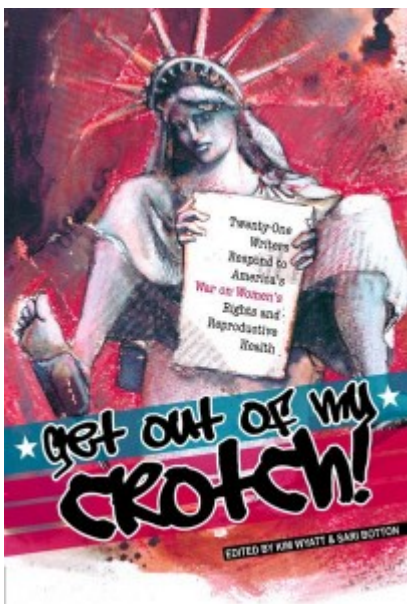
For class enrollment or questions, contact Dave Carnegie at (530) 577.7762 or dcarneggie@gmail.com.

Meyers publisher releases 'Get Out of My Crotch'

By Kathryn Reed

"Get Out of My Crotch."

This book title is exactly what many women want to tell lawmakers. With a cover of the Statue of Liberty holding a sheet of paper covering her crotch, there is little doubt about what this compilation of 21 essays is about.



It will be released Jan. 22 – on the 40th anniversary of Roe v. Wade, the landmark U.S. Supreme Court decision legalizing abortion.

It's not a book about abortion. It's about women, politics, freedom – or the lack of, bodies, and today's culture.

“Get Out of My Crotch” is rooted in anger.

“I got really mad last spring about hearing about legislation based on menstrual cycles. Every day I would come to work and hear a story about a bill being proposed talking about personhood, or transvaginal ultrasounds, or redefining rape and I could not believe people were not storming the streets,” editor-publisher Kim Wyatt told *Lake Tahoe News*. “People were talking about this like it was acceptable. I felt like I had to do something.”

The Meyers book publisher created Cherry Bomb Books – an imprint of Bona Fide Books – to be the home of “Get Out of My Crotch”.

“There is great writing in here. There are writers people should know in here ... writers people should be reading,” Wyatt said.

The works and writers are:

- “The Alienable Rights of Women” – Roxane Gay
- “Before Roe v. Wade” – Betty MacDonald
- “Remember Savita Halappanavar” – Katha Pollitt
- “Ask an Abortion Provider” – Dolores P.
- “Confessions of a Good Girl” – Sari Botton
- “Three Heresies” – Addy Robinson McCulloch
- “Ripple Effect” – Tara Murtha
- “Lucky Breaks and Little Miracles” – Sarah Mirk
- “A Mile in Their Shoes” – Kari O’Driscoll
- “Knocked Over: On Biology, Magical Thinking, and Choice” – Martha Bayne

- “Endo” – Janet Frishberg
- “Un-Bearing” – Mira Ptacin
- “Grown-Woman Swagger” – J. Victoria Sanders
- “ Justice for All” – s.e. smith
- “The Great Leap Backward” – Camille Hayes
- “Birdsong and Gunshot” – Rebecca K. O’Connor
- “Explicit Violence” – Lidia Yuknavitch
- “Caffeine-Free Rape” – Elissa Bassist
- “I Know Who You Raped Last Summer” – Kevin Sampsell
- “Don’t Know Much About Biology” – Kate Sheppard
- “Binders Full of Women, Episode 1: The Story of Mary and Bill” – Rebecca Cohen.

Botton is the co-editor with Wyatt. She was working on a book about Roe v. Wade when Wyatt came up with her book idea.

While there is a clear audience for the book, Wyatt hopes it will reach younger readers. She wants young women to understand the freedoms they may take for granted are incrementally being taken away at the state level.

“I have lot of young women working here. We talk a lot about politics,” Wyatt said. “Last year they were completely checked out from politics because they didn’t like the BS partisanship. They weren’t paying attention because they were tired of all the chatter.”

She believes this book is for them.

A discussion guide as been created in case educators – more likely college level – would incorporate “Get Out of My Crotch” into their curriculum.

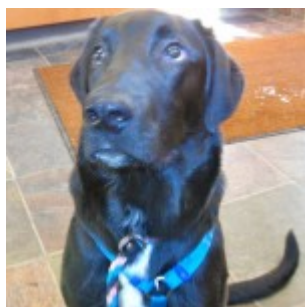
Go online to order a copy of the book.

Events:

- Jan. 22, 7pm: Book launch in Portland on the 40th anniversary of Roe v. Wade at Crush, 1412 SE Morrison St. Readers include “Get Out” Portland contributors Sarah Mirk, Kevin Sampsell and Lidia Yukanvitch. A portion of the proceeds will go to Planned Parenthood Advocates of Oregon.
- Jan. 25, 7pm: Lake Tahoe Community College Writers’ Series hosts a reading of “Get Out of My Crotch” in the library. Short reading and discussion with contributors Janet Frishberg and Camille Hayes, as well as publisher and co-editor Kim Wyatt. Books will be available for purchase.
- March 4, 7-9pm: Bluestockings Bookstore, Cafe, and Activist Center, 172 Allen St., New York. Join editor and contributor Sari Botton and contributors Elissa Bassist, Betty MacDonald, and Mira Ptacin. Books will be available for purchase. A portion of the proceeds goes to Planned Parenthood.

Tahoe Tails – Adoptable Pets in South Lake Tahoe

Strider is a very sweet black Lab-German shepherd mix who is house trained and very quiet in the kennel.



He likes to play with other dogs, and seems OK with cats. He was found as a stray and his people never looked for him.

As a puppy, he would benefit from training classes. He will probably get quite a bit larger. He's about 60 pounds now, will probably get to 80, but he is quite mellow and would probably fit into just about any home.

Strider 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 description 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

1-night show by LTCC improv players

Lake Tahoe Community College's Theater Arts Department is putting on a night of laughter and off-the-wall comedy with Random Acts of Improv.

This one-night-only performance is provided by the

department's improvisation group. The show will feature seasoned improvisation performers, including members of the Tahoe Improv Players, as well as a few fresh faces.

The Jan. 25 event is at 7:30pm in the Duke Theatre. Cost is \$5.

All proceeds benefit the Theater Arts Department. For more information, call (530) 541.4660, ext. 240.

Study: Test children's hearing more often

By Anna Gorman, Los Angeles Times

Parul Bhatia, a pediatrician at Children's Hospital Los Angeles, remembers the patient well. The girl was 3 years old and profoundly deaf. Even though she had failed a hearing test at birth, she hadn't been treated for hearing loss.

Currently, children are only screened at birth and again just before entering kindergarten. Bhatia launched a study to see if there was a way to bridge that gap.

In the three-year study, local children were tested during routine pediatric visits at the Venice Family Clinic and at clinics run by AltaMed Health Services Corp. Of nearly 2,000 children screened, 10 percent failed initial screening in at least one ear and five had permanent hearing loss.

Bhatia said the study, which was published in the January issue of the Journal of Developmental and Behavioral

Pediatrics, highlighted the importance of doing periodic screening and showed that such tests could identify more children and lead to earlier intervention.

“These are critical years for language and communication development,” she said. If the hearing loss isn’t found until the child is 4 or 5 years old, she said, “it is much harder to catch up at that point.”

The equipment costs on average about \$5,000 and the screening takes less than 10 minutes. The costs can be recuperated in about a year, she said.

The study was conducted in collaboration with Children’s Hospital Los Angeles, the Saban Research Institute, the John Tracy Clinic and the UCLA David Geffen School of Medicine.

Bhatia’s initial patient is now 10, has cochlear implants and is doing well, she said.

S. Tahoe resident becomes model for Army statue

Even though South Lake Tahoe resident Jesse Tubb is on active duty with the Army, he is never leaving Arlington National Cemetery.

On Sunday, a statue honoring the Army’s buglers will be unveiled. The cast of the statue is of Tubb.

The 36-year-old staff sergeant is a member of the U.S. Army Band. Part of his job is to play Taps on his bugle at military funerals. The statue is to honor that iconic symbol – the bugler.



Staff Sgt. Jesse Tubb of South Lake Tahoe, right, begins the second phase of the statue casting process. Photo/Provided

Tubb traveled to New York City four months ago for the casting session.

“They cast me in three sections. They did my head first, and they completely encase it. It took about 15 minutes. Then they did the lower body and the upper body,” Tubb said in a press release. “When the head was done, [there] was complete sensory deprivation. They cleared away two little spots for the nose [to breathe] and that’s all I had. They put this seaweed composite material [on me], and then it got wrapped in plaster strips.”

The statue will be something people will see when they first walk into the visitors center.

– *Lake Tahoe News staff report*

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 is 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.

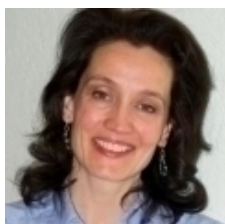
Immune-boosting habits help during flu season

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.

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.