

Marie Colello Hanson

1956-2011

A memorial service for Marie Colello Hanson will be Oct. 15 at noon at Sierra Community Church in South Lake Tahoe. A reception at the church will follow.

Ms. Hanson was born Sept. 27, 1956. She was 54.

In July she went missing after attending the Rainbow Gathering in Washington.



Marie Hanson

In lieu of flowers, donations may be sent to the Marie Hanson Memorial Fund: El Dorado Savings Bank, 1036 Al Tahoe Blvd., S. Lake Tahoe, CA 96150. Donations will be used to offset expenses.

Author brings Nevada ghost stories out of the dark

By Susan Skorupa, Reno Gazette-Journal

There's nothing like a good ghost story to liven up the night.

Maybe because of its gaslight, ghost-town past or because of its Halloween statehood day – coming up in about three weeks on Oct. 31 – Nevada has supplied plenty of tales of lost mines, haunted history and ghost sightings.

Whether you believe in the paranormal or consider phantoms and the supernatural to be nothing more than fantasy, there's some history and entertaining story-telling within the covers of these haunting Nevada-related books.

Reno author and ghost hunter Janice Oberding has made a career out of writing books about ghostly affairs.

Read the whole story

Recognizing concussion key to getting proper treatment

By Jonathan Finnoff

Approximately 2 million to 3.5 million sports related concussions occur annually in the United States. While this number is significant, it probably underestimates the true number of concussions because athletes frequently don't realize they've sustained a concussion or do not report concussion symptoms to their coaches, parents or physician.

What is a concussion? A concussion is a brain injury that occurs when the brain, which is a soft, Jell-O like structure, is shaken around inside of the hard skull. When this occurs, the nerves in the brain are stretched and injured. A majority of the injury is functional, meaning that the nerve isn't killed but rather temporarily doesn't work. With proper

treatment, these “stunned” nerves gradually recover. However, based upon brain autopsies of former athletes, concussions also cause some permanent nerve damage in the brain.

How do I recognize a concussion? One reason concussions are so difficult to recognize is due to their varied presentation. Many people think concussions only occur when the athlete is knocked out. Although it is true that any athlete who is knocked out certainly sustained a concussion, concussions rarely present themselves with a loss of consciousness. Most of the time, the athlete remains conscious but develops concussion symptoms such as a headache, dizziness, confusion, and memory problems. These symptoms are referred to as “post-concussion symptoms.” By definition, any athlete who receives a hit that could cause a concussion and subsequently develops any of these symptoms has had a concussion.



Jonathan
Finnoff

**Post-
concussion
symptoms:**
Headache,
drowsiness,
nausea,
sensitivity to
light,
vomiting,
sensitivity to
noise, balance
problems,
irritability,
dizziness,
sadness,
fatigue,
nervousness,
trouble
falling
asleep,
feeling more
emotional than

usual,
sleeping more
than usual,
numbness or
tingling,
sleeping less
than usual,
feeling slowed
down, feeling
mentally
foggy,
difficulty
concentrating,
difficulty
remembering,
visual
problems.

How serious are concussions? Most concussed athletes recover over a week or two with proper treatment. However, some athletes may develop persistent, disabling post-concussive symptoms referred to as post-concussion syndrome (PCS), or long-term brain problems such as chronic traumatic encephalopathy, early onset dementia, movement disorders, psychiatric disorders or potentially motor neuron disease. The most significant potential injury is second impact syndrome (SIS). SIS occurs when a concussed athlete who is still experiencing symptoms returns to athletics and gets another injury to the head. In this case, rather than just experiencing post-concussion symptoms, the blood vessels in the athlete's brain rapidly dilate, increasing the pressure inside the head, causing either death or severe brain injury.

What should I do if I think someone has a concussion? The first thing to do is have the person evaluated immediately. Any person who you suspect has concussion should not be allowed to return to competition the same day. The athlete should rest physically and cognitively, avoiding any activity that would increase the athlete's heart rate or blood pressure. Cognitive rest means avoiding any activity that

requires significant amounts of concentration such as school work, video games or texting. The person also should avoid loud or bright environments. They will need to be seen by a sports medicine physician who will monitor their recovery and direct their return to sports..

Key points for sports concussions:

1. Concussions usually occur without a loss of consciousness.
2. The most common symptom is a headache.
3. Inappropriate management of concussions can result in serious complications
including disabling post-concussive symptoms or death.
4. No athlete who sustains a concussion should return to play the same day as their injury.
5. The initial treatment for concussions is physical and cognitive rest, and avoidance of loud, stimulating environments.
6. Anyone who sustains a concussion should be evaluated and treated by a sports medicine physician experienced in concussion management.

Tahoe Orthopedics and Sports Medicine is developing a comprehensive sports concussion program with the assistance of physician Jonathan Finnoff, an internationally recognized concussion expert and former co-director of the Mayo Clinic Sports Medicine Center Concussion Program. He recently joined the team of sports medicine clinicians at Tahoe Center for Orthopedics. To learn more about Tahoe Center for Orthopedics concussion program, go online.

Putting green spin on Halloween with costume exchange

By Edward Ortiz, Sacramento Bee

Few may give it much thought, but Halloween may be the least eco-friendly of holidays.

Last year, Americans spent \$2 billion on Halloween costumes. Typically, such costumes are discarded the following day. The materials, many of which are made of polyester and plastic, eventually find their way to landfills.

But a movement is under way to stem that tide. It's called National Costume Swap Day, which took place Saturday. Locally, the eco-event was celebrated at the Roseville-based nonprofit reCreate.

Swapping only half of children's costumes normally discarded would reduce annual landfill waste by 6,250 tons, according to the U.S. Census Bureau and Department of Transportation. That amount is the equivalent to the weight of 2,500 midsize cars.

Read the whole story

NLTFPD working with students about fire issues

The North Lake Tahoe Fire Protection District will be teaming up with schoolteachers and students to talk about fire safety during the month of October.

Fire Prevention Week is celebrated nationally Oct. 9-15.

The district will host tours of the fire station and visit pre-schools all month. The theme this year focuses on protecting your family from fire. Fires can strike anywhere, but household fires are often the most tragic and are the most preventable. According to the U.S. Fire Administration, 75 percent of all fire fatalities occur in home fires.

There are several things families can do to protect their families: Install smoke alarms on every level of your home and testing them monthly, remember to change smoke alarm batteries twice a year, and practice a family escape plan.

“Over the next several weeks our fire district will be teaching our students the importance of not only smoke alarms, but making a Home Fire Escape Plan and practicing the plan. Students can experience firsthand in our smoke safety trailer how to properly exit a home, then call 911 from their safe meeting place, and once out, not to go back inside,” public education/information officer Tia Rancourt said in a statement.

Literature will be sent home with students for the entire family.

To learn more about Fire Prevention Week and how to “Protect Your Family from Fire”, go online.

Muscle therapy Sausalito-style – bike, kayak, massage

By Susan Wood

SAUSALITO – The term R&R must have been born here.

When visitors are ready to venture out of their rooms in this Marin County haven, they'll find plenty to do – activities that encompass relaxation and recreation.

For starters, the historic Casa Madrona hotel sits in the center of town on Bridgeway Avenue next to the shoreline. A short walk from our hotel places us in the hands of accomplished massage therapists at the newly remodeled spa at the hotel built in 1885 overlooking Richardson Bay.



On water or
land,
Sausalito has
something for
most everyone.
Photos/Kathryn
Reed

At the first stop for our appointment, Kae and I received warm towels to place on our faces. It immediately took me back to

my flying experience with Thai Air, which I swear could teach our domestic carriers how to treat airline passengers.

Next came a waiting room with comfy lounge chairs. We were early so I almost drifted off to sleep holding my cup of lemon water. From there, Elizabeth took me to her room for a “solar flare” body treatment, and Gary gave Kae a “Sea-to-Shore” massage. The therapies each cost \$105.

His experienced hands put her to sleep. I stayed awake to ask questions about my treatment being that I usually just get a massage at spas. This was much more. Elizabeth, a Point Reyes native, started me off with a sugar scrub. After a quick shower, my skin felt silky – and not dry. It got even better from there with my shea butter rub with hot basalt stones, then a four-layer body wrap that included a solar blanket – something I would definitely appreciate on a cold, drizzly day. (That was the day before.)

The bridge to fall or even winter

Lake Tahoe’s Mark Twain said it best as I learned on our rite of passage crossing the Golden Gate Bridge on bicycles: “The coldest winter I’ve ever spent was a summer in San Francisco.”

Out of the partly sunny skies of our Sausalito hotel, Inn Above Tide, is a short route to the famed suspension bridge a few miles away. The world-renowned landmark was drenched with fog, but we didn’t care as we made our way down Alexander Avenue to the Conzelman Street parking lot. It is a huge hangout for cyclists of all abilities.

We took the 1.7-mile path on the west side of the bridge, which just reopened after being closed for a seismic retrofit. (The east side deemed for pedestrians is now closed for the construction job.)

The bridge built in 1937 accommodates six lanes of traffic, but I was more enamored with my own little world on the path

and looking over the edge. When I looked down, I was amazed by the dramatic drop to a rocky coastline and open, rough seas. Upon looking up, the bridge pillars disappear in the fog. The wind blew our bicycles to a complete stop at the occasional hairpin turns around the towers, so respect should be paid to the structure and the invigorating elements when crossing it. The Golden Gate was designated a California Historical landmark seven years ago.

From peddle to paddle, fog to sunshine

Another ideal option for things to do in Sausalito is taking a kayak through Richardson Bay – especially on a sunbathing day in which the water glistens and lies still as glass. The activity made up the highlight for the last day of our weekender based out of Inn Above Tide. A 15-minute walk down Bridgeway to Liberty Ship Way brought us to Ellie, who provided friendly tips and instruction at Sea Trek.

The touring marine company offers a long list of excursions and rentals. We took a two-person ocean kayak farther north in Richardson Bay where smiling, lazy seals and sea lions, and intrepid blue herons and pelicans allowed us to cruise up and greet them on the docks after a 10-minute paddle. Weaving down through the houseboat village turned out to be an architectural sightseeing treat. I soon discovered “houseboat” is a relative term. Some were mansions. Others had that Marin County character – complete with a peace sign on at least one exterior wall.

And without a boat or bicycle, a driving tour can provide a memorable experience using Sausalito as a launching pad. Our trip up Highway 1 included lunch at the Olema Inn with me envisioning my Tacoma truck was really a Porsche Boxster. We can all dream.

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'Do nothing' becomes mantra during Sausalito hotel stay

By Susan Wood

SAUSALITO – In a place where boats dominate the landscape, the fantasy of permanently drifting through life here like the ebb and flow of the tide became our weekend reality at the Inn Above Tide.

From the moment we drove in, inn staffer David greeted us with a sincere welcoming to the gated parking area. There I knew we were in store for something special. He later brought up the luggage only to ask if we'd like Champagne flutes. The attention to detail is unmatched.



Sometimes it's best just to watch the world go by from a hotel balcony.

Photos/Kathryn Reed

In all my days of travel exploration, I have never experienced such a hotel where I've wanted to stay inside the whole time

wrapped in a cushy robe and soft slippers with the quiet lapping sounds of the tide touching the building just below. The shore is so close one could almost treat the deck like a diving board.

It's no wonder at least three guest service workers at this 15-year-old independent boutique hotel warned us of others who show up but never leave the room. (If you do find yourself out during the day, like we did to bike across the Golden Gate Bridge, here's a lunch tip: Get it to go at the Venice Gourmet Deli to enjoy on the balcony. We opted for pasta salad, marinated mushrooms and a veggie sandwich – one of five on the menu).

The next day, we didn't go out until 2:30pm, except to drop one floor for a feast of quiche, fruit, muffins, bagels, coffee and fresh-squeezed orange juice in the common area for breakfast. A woman from Los Angeles who comes every year calls the inn "paradise." The next morning, I brought a breakfast tray to our room to dine on the balcony.

Although the inn starts the day with a list of possible activities, why bother leaving the room? The view from the private deck or even from the bed is beyond mesmerizing. That's why the inn provides binoculars as an added perk. The balcony above the bay by the ferry dock in this Marin town became my favorite space. The Bay Bridge is within view, along with Angel Island, Belvedere and across the bay to San Francisco. All 29 rooms come with this view and a private deck equipped with teak patio furniture. It's an ideal setting for breakfast and lunch or even dinner as the lights of San Francisco come on. If there's a nip in the air, a flick of a switch ignites a gas fireplace and an oversized tub can warm up the inner self.

We slept with the slider open all night. Seagulls, foghorns and boat motors are further reminders of the marine environment by day and night.

In the evening, the inn serves an ample supply of wine and cheese.

A friendly chat with Chuck from Boston reinforced the idea that this is a place for special occasions. He and his wife were celebrating their 50th wedding anniversary.

And for special occasions, it's highly recommended a guest bring a furnished wallet. Ten rooms start at \$320 a night and go up to \$1,100 a night for the penthouse suite.

An unusual complimentary amenity is bicycles to use for exploring.

For a fee, a guest may order in-room dining through Room Service of Marin (in keeping with the never-leave theme) and a private in-room massage and other spa services (for enhancing the relaxed mood). We opted to head down the street to the Casa Madrona's new remodeled spa, which the Inn recommends for a full service facility.

If you go:

The Inn Above Tide is located at 30 Portal in Sausalito off Bridgeway Avenue near the ferry docks. The hotel may be reached by calling (415) 332.9535 or 800.893.8433, or go online.

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Grant allows Truckee museum

to expand science programs

Thanks to the \$50,000 Museum for America grant from the federal Institute of Museum and Library Services, the KidZone Museum, nationally recognized as an exemplary children's museum, is moving forward to develop its science curriculum and programs for children under the age of 10.

The "SCIENTASTIC" project strengthens the KidZone Museum's ability to engage its growing diverse audience in the exploration of innovative science, including ecology and earth sciences; the museum's new Outdoor Nature Play Center offers children a place for hands-on natural science.

The initial SCIENTASTIC programs will be specifically hands-on science-based programming in ecology, chemistry and earth sciences, heavily influenced by the museum's natural surroundings in Truckee, which include thousands of acres of protected forest and watersheds. Programming will benefit from the expertise in professional development offered by the Lawrence Hall of Science, UNR scientists and the teachings by various museum collaborators.

A main goal of the SCIENTASTIC program is to help decrease the national gaps in science education for students from low-income and poorly educated families, offering them a place to learn and explore. The program plans to reach as many children and families as possible by also participating in community science events and programs. By participating in offsite science events, the SCIENTASTIC project will reach even those children who aren't able to visit the KidZone Museum.

For additional information about the KidZone Museum, contact Carol Meagher at director@kidzonemuseum.org or (530) 320.5613.

TRPA looking for Best in Basin nominees

The nomination period is open for the Tahoe Regional Planning Agency's 2011 Best in the Basin awards program, which annually recognizes environmentally compatible projects in the Tahoe basin that stand out as the best designed, planned and implemented.

The Best in the Basin program calls attention to projects of all categories – from natural restoration to commercial or residential construction – that carry with them environmental net gains for Lake Tahoe and its communities.

For more than two decades, the Best in the Basin program has recognized those property owners, contractors, architects and planners whose work and investment should be held up as examples to follow.

The nomination period ends Oct. 21.

Categories are:

- * new residential
- * residential modification
- * rebuild projects
- * new commercial
- * commercial modification
- * commercial rebuild
- * shorezone

- * green building
- * public service
- * erosion control
- * restoration
- * BMP retrofit
- * defensible space
- * forest fuel reduction
- * mixed-use project
- * green remodel.

To qualify, projects must have been completed or near completion in the 2011 calendar year and before the close of the nomination period. For an entry form and information about last year's winners, go online.

Those selected to receive awards will be publicly honored by the TRPA Governing Board in January.

Poet brings childhood to life in words

By Kathryn Reed

Where does the truth lie?

It's an answer only the author knows. But insights into the hidden reality in the poetry shined through Friday night as Jason Schossler spoke to nearly 60 people at Lake Tahoe

Community College. He was in town from Philadelphia to launch his book “Mud Cakes” that was published this month by Bona Fide Books of Meyers.



Jason
Schossler on
Oct. 7 reads
his poetry at
LTCC.

Photo/Kathryn
Reed

“Mud Cakes” – so titled after one of the entries in the poetry collection – is Schossler’s first collection of poems to be published. He is the winner of the 2010 Melissa Lanitis Gregory Poetry Prize.

With his mother and fiancé in the audience, Schossler admitted it was mom who unflinchingly encouraged him to write at an early age and his girlfriend who lovingly accepts the non-traditional love poems.

Much of what Schossler expressed in the six poems he read was his life as a child – with some admitted literary license. From Skylab falling to Star Wars to his father leaving when he was 10 – there is something in his words that enables Schossler to resonate with his audience.

Expressive in his delivery, his words danced in the air.

The Temple University instructor took questions after the reading. He expressed a desire to give back to youth as a

mentor, hoping to do more of that when he goes home. He reached out to local youth while in town – working with South Tahoe and Wooster (Reno) high school students.

Schossler spoke of the need to find the small nugget in an idea and develop it into poetic prose. He also said there is no such thing as writer's block – it's something that needs to be plowed through, perhaps by taking a new approach to what the writer is trying to convey.

While Schossler has written fiction, he believes poetry is where his future lies.

"Mud Cakes" is available through Bona Fide Books.