

Tough facts about breast cancer

By Kelly Shanahan

“You have breast cancer.” More than 260,000 American women heard those words in 2010, and nearly 40,000 of them did not survive the year. But a diagnosis of breast cancer does not have to be a death sentence.

Although the odds of developing breast cancer have increased from 1 in 20 in 1960 to 1 in 8 today, the number of women diagnosed has declined in the last decade. The decline in new cases is attributed to early detection, advanced treatments and a decrease in advanced treatments and a decrease in postmenopausal hormone replacement therapy.



Kelly Shanahan

Many women are confused about the role of early detection and aren't sure if they should do breast self-exams or when they should get a mammogram. This uncertainty was fueled by the United States Preventive Services Task Force, whose 2009 statement advised women to forego self-exams, wait until age 50 to start getting mammograms, and then get them only every two years thereafter.

The federal recommendations came down to money: starting mammograms at age 40 costs the government more. Fewer women in their 40s have breast cancer, but those who do have more

aggressive cancers and higher survival rates when diagnosed early.

Fortunately, Kathleen Sebelius, U.S. Secretary of Health and Human Services, ensured that Medicare and other government programs would continue to pay for annual mammograms starting at age 40, and the decision on when and how often to have a mammogram would be left up to each woman and her doctor.

Many women still do not get regular mammograms, both because of the cost and their own fears – of pain from the procedure, of radiation exposure and of a possible cancer diagnosis.

The compression associated with mammograms is uncomfortable, but it only lasts a minute. Radiation is minimal with digital mammography. A digital mammogram machine uses compression and X-rays, and the image is captured to a computer as a digital file.

Barton Health offers low-cost mammograms to women who qualify. See your doctor, discuss your risks and get your mammogram ...It may just save your life.

Kelly Shanahan is a gynecologist and founder of Emerald Bay Center for Women's Health. She has been practicing in Lake Tahoe and Minden for 17 years and is one of 2.5 million breast cancer survivors in the U.S.

Preparing for winter includes outdoor house projects

By Susan Skorupa, Reno Gazette-Journal

Look out the window or the back door; stroll around the house,

paying attention to the things you've overlooked all summer.

The gutters under the roof eaves already are filling with leaves, the back deck is scuffed and splintered in some spots, a few roof shingles look ragged.

Already in the evening, chilly drafts are seeping inside from around doors that open to the outside or the unheated garage. Window curtains dance with the slight breeze around unopened windows indicating some kind of unsealed space where the outside is creeping inside.

Winter's coming. Time to clean the furnace and boost the amount of insulation in the attic, but it's also time to look at the exterior of the house. What's going on with roofs, gutters, windows, doors and outdoor living areas needs attention, too.

Where to start? No. 1 on the list: Caulking. Door frames and window frames inside and out can let cold air inside.

"Caulking today is more scientific than it was 10 years ago," said Chuck White, field divisional merchandising manager for the Home Depot western division. "At minus 50 or at 110 degrees, you can put it on. The technology has grown and it lasts longer; it's easier to use and consumer friendly. It's the No. 1 repair that do-it-yourselfers can do."

Look up on the roof. Rather than climbing around on the shingles, scan the roof for loose shingles or flashing or possible weak spots from a ladder or from inside a neighbor's house.

Read the whole story

Variety of classes for writers offered in Meyers

Bona Fide Books is hosting guest instructor Nicole Banas for the workshop “Using the Techniques of Film in Your Fiction” at Bona Fide HQ on Oct. 8 from 10am-1pm.

This three-hour genre-bending class will explore how to use cinematic techniques to write effective, well-crafted fiction. Learn how notable authors have incorporated elements such as jump cuts, episodic structures, and swift characterizations into compelling fiction. This workshop-based class will draw inspiration from successful films and short stories that develop character and plot in inventive ways. Students will leave the workshop with a concept for a short story that integrates methods from the big screen.



Nicole Banas

The class fee is \$25.

Banas is a creative writing instructor at Temple University in Philadelphia. Her fiction has appeared or is forthcoming in the Roanoke Review, Chrysalis Reader, Forage and other publications. She has a bachelor's in screenwriting and playwriting from Drexel University and received an M.F.A. in fiction from Temple University in 2008.

In addition to this class, Bona Fide Books will host Todd Borg's acclaimed three-day workshop “The Hook, the Twist, and

the Cliffhanger” Oct. 14-16, and “Grandma Went to Woodstock: Writing the Family History” Nov. 19-20. Learn more about these and other literary events online.

Bona Fide HQ is located at 1069 Magua St., No. 4, behind the Getaway Café in Meyers.

For more information, contact Kim Wyatt at editor@bonafidebooks.com or visit the website.

Clubs provide safe place for South Shore's LGBT students

By Shannon Early

In August, a private college in Elmhurst, Ill., announced it would include a question on applications about whether a prospective student identifies with the LGBT community. If applicants answer yes, they might be awarded an Enrichment Scholarship which could cover up to 40 percent of Elmhurst College's tuition. The question is designed to promote acceptance on Elmhurst's campus, as well as to diversify the student body and to enrich students' lives.

CHANGE ATTITUDES
CHANGE BEHAVIORS
CHANGE DIRECTION
CHANGE LIVES.
CHANGE POLICIES.
CHANGE VOICES.
BE AN ALLY.
BE THE CHANGE.

Though Elmhurst is seemingly the first to directly inquire about a student's sexual orientation, it is not the first to award scholarships based on the LGBT community, nor is it the first campus to welcome diversity.

Last year, Friends of ALLY, a LGBT club at Lake Tahoe Community College in South Lake Tahoe, awarded \$750 worth of

scholarships to students based on essays they submitted related to lesbian, gay, bisexual or transgender issues. The scholarships were open to any student who wanted to share his or her coming out story or an experience with a friend or family member who identifies as gay or lesbian.

Chris Sidell, president of Friends of ALLY, said the scholarships this year will be of equal value so a non-LGBT student would receive the same amount as a LGBT student. He said the scholarships help students make a connection with the club who may not normally seek out the club for support.

Lisa Shafer, adviser for Friends of ALLY, said the club, as well as scholarships, should be open to all students, not just those who identify with the LGBT community. In addition to providing scholarships, Friends of ALLY will begin to offer peer support once a month and strengthen its bond with the ALLY club at South Tahoe High School.

Shafer said the club is welcome to people who “want to be a part of social justice and equality for all.”

Friends of ALLY was founded last year, while STHS’s ALLY club is in its seventh year

STHS recently hosted a guest speaker who spoke about HIV in front of 100 students. Nearly every class at STHS bears a “Safe Zone” poster on classroom doorways and every Thursday is “ALLY Day”, where staff wears ALLY T-shirts to remind students they are in an environment free of harassment.

STHS instructor and adviser Bridey Heidel said the club was not always welcome. A bulletin board covered in ALLY flyers and messages outside of her classroom was torn down and vandalized the first few years. But this year the billboard remains unscathed from hateful words or actions.

“We don’t really work to change anyone’s opinions because I don’t really think you can. I just work to protect the

children and I hope that they feel comfortable as they graduate going out into the community,” Heidel told *Lake Tahoe News*.

Both clubs have been successful in recruiting members and fundraising for special events and trips. More than 100 people signed up for Friends of ALLY within three days. And the club hosted a widely successful dance last winter. ALLY participates in Winterfest – the gay ski week – and has gone to the Queer Youth Advocacy in Sacramento to instruct students how to lobby for their cause.

Overall the clubs have received positive feedback for their work from the community and schools.

Shafer said she has met amazing people since becoming adviser of Friends of ALLY and from the looks of the first meeting members want to support an important cause but also have a good time. Shafer believes the students deserve all the credit for the group.

“It’s their lives. It’s their stories,” she said.

The next event hosted by Friends of ALLY will be a Back to School BBQ on campus on Oct. 11 from 11:30am-1pm.

Tahoe Pride may not be affiliated with an institution, but with its nearly 600 friends on Facebook it attempts to connect the LGBT community in Tahoe.

Dawn Harkins, one of three creative members of Tahoe Pride, said the group supports ALLY and Friends of ALLY and hopes to interact with them more in the future. The group hosts mixers and events throughout the year.

Tahoe Pride’s mission statement is: “Tahoe Pride is a safe, welcoming place for LGBTQ people and their friends, a place to build a strong community while forming lasting friendships. We build community by organizing a variety of social, cultural,

and outdoor activities where we promote equality and respect toward each other. We are committed to diversity and are open to all: men and women; straight and gay; couples and singles. Tahoe Pride and its friends care strongly about equal rights. We strive to promote tolerance, education, and communication about issues that affect our community through being active and visible in the community in which we live. As we grow we are taking steps to form a board and move forward in our vision of providing programs and services that benefit the LGBTQ community and their friends.”

Their next monthly mixer is Oct. 11 from 6-9pm at Murphy’s Irish Pub. The mixer coincides with National Coming Out Day.

While the LGBT community mostly considers Elmhurst College’s inclusion of a question about sexual orientation a positive step, Shafer and Heidel agreed all underrepresented groups deserve opportunities to earn scholarships. As evidenced by the work of groups in town, the LGBT community is working toward an atmosphere accepting of all lifestyles.

For more information:

LTCC Friends of ALLY Club Facebook page

STHS ALLY Club Facebook page

Tahoe Pride Facebook page

**Pink Party is all about
raising money for breast**

cancer patients

The 7th annual Truckee Pink Party Fundraiser coined “The Best Pre-Halloween Costume Party” in town is hosted by Tahoe Forest Health System Foundation to raise money for local breast cancer patients.

Festivities start at 6:30pm Oct. 21 at Bar of America, Pacific Crest in Old Town Truckee.

Through the years a major highlight of the Truckee Pink Party is the outrageously wild pink costumes guests sport in honor of their support for local breast cancer patients and programs. Costume creativity is judged. Prizes are given to the best male and female contestants, assuming judges can tell them apart.

Tickets for the Pink Party cost \$25 per person in advance and \$35 at the door. To purchase a ticket in advance, go online or call (530) 582.6277. Cost includes one free drink (beer or wine), light appetizers and live music by Truckee’s Emily Tessmer Band. The evening also includes live and silent auctions.

Services in S. Tahoe for man killed in Afghanistan

Services for Army Spc. Garrett Fant, 21, will be Oct. 7 in South Lake Tahoe.

Fant, who attended South Tahoe High School, died Sept. 26 fighting in Afghanistan.



Garrett
Fant

His body will be flown to Lake Tahoe Airport on Oct. 5.

This document has more information about the memorial services.

The city of South Lake Tahoe is flying its flags at half-staff in honor of Fant.

Tahoe Tails – Adoptable Pets in South Lake Tahoe

Cruz is a Himalayan-Maine Coon beauty with huge blue eyes and a lovely multicolored long hair coat. He is a calm adult, about 4 years old, and would do well in just about any household.



Cruz 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. The half-price adoption fee special for cats has been extended through October.

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

Sheehan: Balance economics with infrastructure needs

Publisher's note: Lake Tahoe News is profiling the six candidates who will be on the Nov. 8 ballot for the South Tahoe Public Utility District board. They are being published in the order they were submitted. Kelly Sheehan is challenging the incumbent.

Name: Kelly Sheehan

Age: 53

How long have you lived on the South Shore?: 30 years

What water company supplies your home? Your work?: STPUD supplies my residence, two rental properties and my business – Steamers Bar & Grill.



Kelly Sheehan

Job/profession?: Owner-manager of Steamers Bar & Grill since

2008. Previously a branch manager of a locally owned savings bank for 25 years.

What stands out to you in the 2011-12 budget?: That STPUD does not pay lifetime medical insurance for its retired employees. This is a huge cost that is causing huge financial deficits for many states, counties, cities, and special districts.

What boards, commissions, or other experience, including volunteering, do you have?: I have served two terms on the St. Theresa school board, two terms on the St. Theresa's Pastoral Council and I am currently on St. Theresa's finance committee.

Is there any individual, group or organization you would not take campaign money from? Why?: I will take campaign donations from any group or constituent as long as long as they do not expect any "special favors" in return.

What is the No. 1 reason someone should vote for you over another candidate?: I am a fresh set of eyes and ears. I have no special agenda and will base my decisions on fact and what is best for the district and its customers.

California law mandates water meters be installed. What is your solution to make the fee equitable for those on meters and those without one?: California law created a situation that is simply unfair. The only way to be fair and remain within the law is to install the remaining meters in the shortest period of time. There just isn't a magic formula that will make the flat rates and the metered rates the same.

To get the remaining 60 percent of South Tahoe PUD customers on meters it will cost \$15 million. As a board member, where will you get the money to pay for the meters?: They are really only two ways to fund it. One, borrow and raise rates or two, be successful in securing state grants or low interest loans.

Do you believe the district should spend money on lobbying efforts in Sacramento and/or Washington, D.C.? Why or why

not?: The district no longer employs a state lobbyist, as membership in the Association of California Water Agencies provides that benefit. The district's lobbying firm in Washington, D.C., has since 2009, secured \$6.5 million in federal funding for STPUD at a cost of approximately \$304,000 for the same time period. These dollars are matched 50/50 with local funds, this lessens the burden on the district's customers.

What do you know about STPUD getting money from the Lake Tahoe Restoration Act?: It is my understanding that LTRA contains language that reimburses one-third of the costs public water and wastewater agencies incur for relocating underground utilities in erosion control projects. In addition, the district, as lead agency in the Lake Tahoe Community Fire Protection Partnership, has received federal dollars for infrastructure improvement projects that relate to fire protection. Both of these were authorized under the act, and are therefore appropriate.

How do you balance the economic situation of the community with the infrastructure needs of the district?: It is very difficult to be sensitive to the high unemployment within our community and still replace aging infrastructure. But it is unfair to just ignore the problem and pass it on to our children and grandchildren.

With 38 percent of a customer's sewer bill going to meet the needs of the Porter-Cologne Water Quality Act and \$100 million already invested in Alpine County to take STPUD's wastewater, would you leave things as they are? If yes, why? If no, what would you change and how do expect to accomplish those changes?: The district's requirements to export its wastewater is another example of an unfunded state mandate, but the district's investment in Alpine County may be able to pay benefits as the possibility of hydropower generation and increased uses of recycled water in California and Nevada. With proper foresight, the Alpine County operations could well

become a revenue source for the district in the future.

What should be done with the land STPUD owns where the old post office was on Black Bart?: It is my understanding that due to the absence of sewer and water to the property, it has little value as a residential lot. Due to restrictions placed on that lot, the best and most economical solution would be to demolish the existing structure and restore the property to its more natural state. I believe any coverage could be banked for future district needs.

There has been a three-year wage freeze for employees. What are your thoughts on employee raises and benefits?: We are all being asked to do more with less and our local economy has taken a hard hit. It would be pretty difficult to justify wage or benefit increases until the local economy shows some real signs of improvement. As a local business owner, I believe I will know when that happens.

When would you vote for a hike on water and sewer rates and why?: Again, there is a balancing act between sensitivity to the local economy and realizing the infrastructure continues to age regardless of the economy. It would be foolish to ignore the infrastructure, which makes it that much more important to seek additional funding sources, such as state and federal grants, that would allow projects to move forward and still keep rates reasonable.

Lukins Brothers Water District – any comments?: It's a good example of what happens without reinvestment into infrastructure. The board has stated in the absence of outside funding it would be unfair to burden the district's current customers with over \$20 million in necessary upgrades to bring the system up snuff.

What should be the main priority of South Tahoe PUD?: To continue to provide clean and safe drinking water and environmentally responsible wastewater collection, treatment,

and export for the community in a financially responsible manner.

What should be the main priority of a South Tahoe PUD board member?: Listen to facts and make decisions on the basis of what benefits the greatest number of district customers.

Finding the rhythm to connect nature and art

By Robert Schimmel

“Take me back!” “I remember when.” “Those were the good ole days.” Have you ever had thoughts like these when unexpectedly you were back in a special place or activity and flooded with joyous and reflective memories, not to mention real-time rushes of excitement and peace?

Of course you have, and that’s exactly what this repressed artist went through Sep. 17 under the meditative and visual tutelage of the “Trails and Vistas” art hike at Spooner Lake. Not only did this wonderful afternoon of artistic performances and visual quiescence remind my soul of what I once enjoyed and pursued on a regular basis, it exposed me to some creative expressions and connections between man and nature that were enriching and thought provoking.

To back it up and start from the parking lot, my friends and I began this artful and contemplative 2.5-mile, 2.5-hour hike and themed experience called “Reflections and Rhythms” with about 15 others and our guide, Leslie, who was graciously followed up by our own “herder” and caboose, Bill – her husband. As we set out to embrace the trail and unknown

artistic presentations, I recalled my radio show interview with Nancy Lopez, the executive director (www.trailsandvistas.org), and Deb, her volunteer friend, and knew that “Trails and Vistas” has as part of its goal to celebrate nature through the arts and to connect whenever possible with the area’s indigenous cultures.



Reflection
pool by Lorna
Denton.

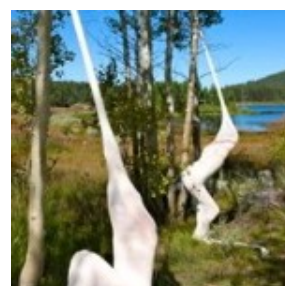
Well, we couldn’t have been more blessed to be at Spooner Lake, summer home of the Washoe, on such a perfectly refulgent day to accomplish both tasks. But it did take some paradigm and habit busting.

Tahoe isn’t New York City, so noise and the high-energy lifestyle are certainly not part of my day-to-day other than my part-time dealing job at Harvey’s, yet I found the serenity and total inner focus (talking is discouraged) disconcerting at first. Then volunteer and brightly garbed Deb appeared at the first of perhaps 16 art stops. She handed us totem stones and a calming, connecting lesson in subduing and submitting. After that our “tribe” began to visibly acquiesce to the surroundings and more easily focus at each successive performance. The glittering Spooner Lake and perfectly cued quaking of the aspen added harmoniously to the ambience.

As we took part in seeking our own inner rhythms with Norman on his djembe drum and our outward expressions through dance with Chris and his fairy performers, it was easy to see that

those attending felt and wanted the natural aphrodisiac of nature's peace and acceptance.

On several stops the performers camouflaged and morphed themselves into boulders and aspens, including one background message presented in poetry that became a metaphor of nature's living spirit. From the melodic and healing sounds of a tamboura accompanying angelic, East Indian lyrics to the rustling of a children's troupe of ballet dancers on pine needles beautifully choreographed to a poetic storyteller's voice, the only dissenting sound all day was that of one jealous and raucous stellar jay. Could it be he became one with a totem stone?



The Trees have Eyes by Scott Thompson.

As if normal artistic endeavors in Mother Nature's studio weren't enough, one stop featured intense feats of acrobatic and fluid strength in aerial narrative (pertaining to our oceans) from cords hung in trees. Not my back, for sure. And the final fitting stop and crescendo for the day was a performance by the Reno Taiko Drummers in the "Stonehenge" setting at the park: the perfect, rhythmic closing for our senses to absorb.

Observing all the glorious forms, colors, light and shadows change during our 360 degree adventure in the late afternoon was reward enough for me, especially shared with friends. But the performances and efforts of all the artists took it over

the top and opened my eyes to dedication and creative talent for which we can all be grateful.

Robert Schimmel is a professional artist and teacher in South Lake Tahoe as well as host of "Lake Tahoe Art Scene" on KTHO radio on Thursdays at 5:15pm.

Rise: Implement a freeze on water, sewer rates

Publisher's note: *Lake Tahoe News is profiling the six candidates who will be on the Nov. 8 ballot for the South Tahoe Public Utility District board. They are being published in the order they were submitted. Dale Rise is the incumbent.*

Name: Dale Rise

Age: 59

How long have you lived on the South Shore?: 37 years

What water company supplies your home? Your work?: STPUD



Dale Rise

Job/profession?: General engineering contractor, general contractor, and own a retail ice cream store – Aloha Ice Cream.

What stands out to you in the 2011-12 budget?: The 2011-12 budget was a balanced budget, with operations and maintenance taking a cut of 16 percent.

What boards, commissions, or other experience, including volunteering, do you have?: Four years on STPUD board, two years president, two years vice president, one year finance committee, three years operations committee; two terms city of South Lake Tahoe Building Board of Appeal; California Special Districts Association training.

Is there any individual, group or organization you would not take campaign money from? Why?: I have never taken – nor will ever accept funds from any group. I believe that a candidate that receives funds from union or management lobbyists should be questioned regarding their agenda.

What is the No. 1 reason someone should vote for you over another candidate?: I am not afraid to make difficult decisions. I have and will continue to put the public back in South Lake Tahoe Public Utility District. I will remain open, transparent, accountable to the public.

California law mandates water meters be installed. What is your solution to make the fee equitable for those on meters and those without one?: I feel that the rate we have in place today is fare to metered and unmetered customers. The off balance is past board members could have started installing water meters years ago, and we would have more meters in the ground today – evening the balance between metered and unmetered customers.

To get the remaining 60 percent of South Tahoe PUD customers on meters it will cost \$15 million. As a board member, where will you get the money to pay for the meters?: District crews will be installing 200-300 meters out of regular budget. I would like to see a rebate, or incentive program that would enable the homeowner to hire a contractor to install the

meter. Hope for more grant funding.

Do you believe the district should spend money on lobbying efforts in Sacramento and/or Washington, D.C.? Why or why not?: In the past four years STPUD has spent approximately \$280,000 on federal lobbyists, and approximately \$90,000 on California lobbyists. During the last year the district did not renew the contract (at approximately \$30,000 per year) with our California lobbyist. I feel there is no value to the district. I do not feel currently there is value to the district in continuing the contract with federal lobbyist company ENS. To me they are more like tour guides or activity directors for board members and staff visiting Washington, D.C. At one time, there was a need for a full time lobbyist – however in today's economic climate, with no money coming from the federal government. In the event that a single item comes up, the district can hire a lobbyist to address the item on a one-item basis.

What do you know about STPUD getting money from the Lake Tahoe Restoration Act?: The district has received funds in the past to improve water infrastructure for water line replacement, improving the ability to fight forest fires. I believe these funds will be limited in the future.

How do you balance the economic situation of the community with the infrastructure needs of the district?: STPUD must live and work within its own budget. The EPA guideline recommendation is that the district budget approximately \$7 million per year on infrastructure. In the last two years the district has spent approximately \$13 million per year. I think that we can slow down capital improvement projects and still stay ahead of our aging infrastructure needs without raising rates.

With 38 percent of a customer's sewer bill going to meet the needs of the Porter-Cologne Water Quality Act and \$100 million already invested in Alpine County to take STPUD's wastewater,

would you leave things as they are? If yes, why? If no, what would you change and how do expect to accomplish those changes?: The Porter Cologne Act was the most important act for water clarity in Lake Tahoe's history. It is what we do with the water in Alpine County is very important today. Four million gallons per day is received by nine ranches in Alpine County at no charge. The water is transported through a 24-inch gravity fed pipeline. STPUD is in the final planning to install turbines in the system to generate green power to sell to Liberty Energy.

What should be done with the land STPUD owns where the old post office was on Black Bart?: The old post office site has no water, sewer, or gas service. It would cost over \$100,000 to bring the building up to current code for any use. TRPA zoning limits what type of use. I feel that the building should be demolished, and the property restored to natural.

There has been a three-year wage freeze for employees. What are your thoughts on employee raises and benefits?: The union and management contract is up for negotiation this [fiscal] year. I look forward to sitting down with both parties in order to negotiate a contract that is fair to rate payers

When would you vote for a hike on water and sewer rates and why?: I am in favor of a rate freeze.

Lukins Brothers Water District – any comments?: The acquisition of Lukins will not come at the expense of existing ratepayers.

What should be the main priority of South Tahoe PUD?: Furnish our customers with reliable water and wastewater services, safely, efficiently, and cost effective.

What should be the main priority of a South Tahoe PUD board member?: It is the duty of the board of directors to establish procedure and formulate policy. It is also responsible for adopting all policies, set budget and number of employees.

Tell readers something about yourself that most people don't know: I believe that if you want to do something well, you must be dedicated and willing to sacrifice. People might doubt what you say, but they always believe what you do.