Annual Tuba Christmas Concert in December

The Wilbur D. May Museum’s annual Tuba Christmas Concert is Dec. 2.

This free, family-friendly event features holiday carols arranged in four-part harmony and performed by local tuba, baritone, and euphonium players.

All area tuba, baritone, and euphonium players are invited to participate in the Tuba Christmas Concert. Musician registration begins at 12:30pm and musician rehearsal begins at 1pm. The participant registration fee is $10.

The concert in Reno begins at 3pm.

For more info, call 775.785.5961.

The first Tuba Christmas was conducted in New York City’s Rockefeller Plaza Ice Rink in 1974. The musical event celebrates those who play, teach, and compose music for instruments in the tuba family.

Ida Grasso – 1919-2017



Ida Grasso

Ida R. Grasso died Oct. 27, 2017, in Carson City. She was 98.

Ida was born in Lawrence, Mass., on July 5, 1919. She had lived in Torrance since 1955.

Ida is survived by son Tony Grasso (Teri) of Stateline; daughter Beverly Ann Grasso of Sacramento; grandchildren Nicholas, Christopher, Katherine and Meredith Grasso, Bruce and Brian Carr, and Nicole Jordan; great-grandchildren Carey Jr., Brianna and Taylor Jordan, and Jason Baggett.

She was a longtime member of Saint Margaret Mary Catholic Church in Lomita. Graveside services were at Green Hills Memorial Park in Rancho Palos Verdes.

Tahoe Tails – Adoptable Pets in South Lake Tahoe



Bruce

Bruce is a very cute 3 year old Chihuahua/rat terrier mix who has lots of personality. He is a nice boy who loves to play with other dogs and go for walks with his people.

He does need an adult only home. (He is best friends with Lou, if you would like them both their adoption fee is reduced)

Bruce 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 to the Tahoe animal shelter's Facebook page to see photos and descriptions of all pets at the shelter.

Call 530.573.7925 for directions, hours, and other information on adopting a pet.

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

– Karen Kuentz

Molly Mundy – 1992-2017



Molly Matthews Mundy

Molly Matthews Mundy died in a tragic auto accident on Nov. 2, 2017. She was 25.

Molly was born Sept. 2, 1992, and raised in South Lake Tahoe.

She loved the outdoors, soccer, her two dogs and cat, country music, and most of all, family. You could often find her on a local beach with her loved ones, enjoying a beautiful Tahoe sunset. Molly also enjoyed her many trips to the ocean with her husband.

Molly is survived by her husband, Tyler Burton Mundy; mother Jennifer Matthews; sister Andrea; and niece, Emma, who Molly had a special bond with. She is also survived by aunts, uncles, cousins and friends.

She was preceded in death by her father, Rick, and sister Amanda.

Donations in Molly’s name may be made to the Sea Otter Research and Conservation Program at Monterey Bay Aquarium.

A celebration of the life will take place at Valhalla, 1 Valhalla Road, South Lake Tahoe, on Dec. 2 from 1-4pm. Wear teal if possible, as it was Molly's favorite color.

Family movie night at LTCC

Lake Tahoe Community College is hosting a holiday, family movie night on Dec. 8 at 5:30pm in the Duke Theatre.

"The Polar Express" starring Tom Hanks will be on the big screen. Come dressed in cozy pajamas, then gather the family for a holiday photo with Coyote Claus.

Admission is $10 for adults, $5 for LTCC students and kids age 13 and under, and $30 for a family up to four people, includes cocoa and popcorn; additional family members $3/each. Tickets can be purchased securely **online**.

Bring canned foods that will be distributed to LTCC students who are in need. Any leftover contributions will then be given to Christmas Cheer.

Dental health critical at an early age

By Rob Oldham

It's a common misconception that baby teeth don't matter much – after all, they're just going to fall out anyway, right?

But the science is firm: Baby teeth are not expendable, and they have many more roles beyond “holding space” for permanent teeth.



Rob Oldham

Proper care of your child’s baby teeth can help their self-esteem, aid in speech development and promote good nutrition because they’ll be able to chew properly. Tooth decay in infants and toddlers can have a terrible impact on them later in life. Pain and infection can interrupt learning, playing and growing.

It’s also great to model proper oral health practices for kids starting at an early age.

I know, I know – brushing your child’s teeth sounds about as fun as getting your own teeth drilled. But there are some tricks that can help. With babies, you can lay them in your lap with their head facing you. Or, try the two-parent, knee-to-knee configuration. With toddlers, model how fun it is to brush your teeth with games or songs. Usually you’ll need to help children brush until age 7 or 8 as they don’t have the dexterity to reach all of their teeth and do a thorough job.

Many parents aren’t aware that you can begin flossing children’s teeth as soon as teeth begin to touch. There are fun, child-friendly “flossers” available in most stores that are easier to use with young children than regular floss.

My youngest, Odette, is 15 months old and loves to brush her teeth. She’ll walk around the house showing off her

toothbrush. But she’s a rarity – my other kids weren’t nearly as receptive. It can be a challenge, but it’s important. We established a “bottle, book, brush, bed” routine with our kids, as it’s important that they brush after having a bottle. Once those habits are cemented in, it becomes a lot easier.

Another thing I get a lot of questions about is fluoride. It’s been the subject of debate over the years, but we now recommend it in appropriate quantities for young children. In fact, as soon as your child’s first teeth come in, a dentist can apply a varnish to protect them. Don’t overdo the fluoride, though. Keep an eye on toddlers if they’re brushing their own teeth to make sure they only use a pea-sized amount of toothpaste, but that they’re brushing thoroughly.

Even before children grow teeth, though, it’s good practice to rub their gums with a washcloth to keep bacteria from building up. And don’t share items with your children that have been in or touched your mouth, such as cups, utensils and toothbrushes, since cavity-producing bacteria can be transferred this way.

Many people are surprised to learn that we now recommend children have their first dental appointment when they get their first tooth, or at their first birthday – whichever comes first. There are even dentists who specialize in pediatric care, if your child is fussy.

When it all comes down to it, just remember: It’s never too early.

Rob Oldham is Placer County’s public health officer.

Memory subject of talk in Incline Village

Charan Ranganath, director of the UC Davis Memory and Plasticity Program and professor of psychology, on Jan. 18 will be talking about the cutting-edge of human memory research.

Recent discoveries in neuroscience have revealed significant insights into how people remember and how to remember better. Evidence shows that the very act of remembering can sometimes help retain information with important discoveries about why this happens. Research also shows the surprising ways that motivation and curiosity can influence memory.

The program will begin at 6pm, with refreshments and no-host bar from 5:30-6pm at TERC on the campus of Sierra Nevada College in Incline Village.

Pre-registration is encouraged. A $5 suggested donation will be collected at the door.

Time to apply for Calif. State Fair scholarship

The Friends of the California State Fair Scholarship Program is accepting scholarship applications for the 2018-19 academic year.

The program offers 14 categories of scholarships ranging from $1,000 ti $2,500 each with varying eligibility requirements. Categories include: agriculture, art, academic excellence,

business, culinary/hospitality/event management, education, international relations, trade school, viticulture and enology.

Applicants may apply for one scholarship category of their choice per year and will be evaluated based on academics, community service, quality of essay and recommendation. Top scholarship winners in select categories may be invited to compete for the $5,000 Ironstone Concours Foundation Scholarship. Scholarships are not renewable; however, students may reapply each year as long as they continue to meet the eligibility criteria.

The deadline to apply is March 2.

For more info, go **online**.

SLT hospital retains trauma center designation

By Cate Neal

Barton Memorial Hospital is one of four designated Level III trauma centers in California, and the only trauma center in the Lake Tahoe, Truckee, and Carson Valley regions.

Recently, Barton Hospital was recertified as a Level III trauma center.

Below are six ways this designation strengthens health care in South Tahoe.

1. Trauma care starts when the paramedics arrive. Unlike other hospital facilities, trauma team members (emergency medicine

physicians, surgeons, nurses, and lab and X-ray technicians) and facilities (operating rooms and life support equipment) are available 24-hours a day.

2. A trauma center guarantees a team approach to trauma. The trauma team can quickly move a patient through diagnosis and treatment. Personnel work together from arrival through rehabilitation and discharge.

3. Thirty percent of Barton's emergency visits are trauma-related, illustrating a high community need for trauma services.

4. Injury prevention programs are incorporated into a trauma patient's treatment plan. Examples: concussion awareness, alcohol prevention outreach, and physical therapy.

5. A trauma center can help reduce life-threatening incidents. Tools like a personalized follow-up plan and community outreach can decrease the number of injuries.

6. Trauma designation is a choice; the hospital must seek it out and earn it. Verified Level III trauma centers meet more than 160 specific criteria established by the American College of Surgeons and Committee on Trauma. Designations require verification visits, education requirements, and a certification procedure.

Cate Neal is a registered nurse and the the trauma program coordinator at Barton Memorial Hospital.

Tipping not the norm for

hotel housekeepers

By Tammy La Gorce, New York Times

The tip does not have to be big – $1 to $5, says the American Hotel and Lodging Association. But less than a third of hotel guests leave any money for the housekeepers.

The hotel association publishes a gratuity guide on its website that offers suggestions for tipping everyone from valet attendants to bellhops.

But why are housekeepers often forgotten? A common explanation is that they are out of sight – that travelers are likely to tip only employees they directly interact with. But another cause may be a simple lack of awareness.

Read the whole story