

Joan Jack – 1933-2017



Joan Jack

Joan Marie Jack passed away peacefully on Nov. 27, 2017, in South Lake Tahoe, surrounded by her loving family. She was 84.

She was born Joan Marie Pluth on Oct. 2, 1933, in Petaluma.

She met Don when she was just 17 years old. They were married a few days after her 18th birthday in 1951. Don and Joan moved to South Lake Tahoe with their young family in 1957 when she was 24.

While raising her growing family, she became an active parishioner at St. Theresa Catholic Church. She worked many jobs, including cocktail waitress at Harrah's and secretary at the Catholic school. Joan obtained her real estate license in the early 1970s. She was instrumental in running the family construction business, building many houses in and around Lake Tahoe, including the Impossible Cabins.

Growing up in the Depression era, she knew the value of hard work and instilled that value in her children and grandchildren. She taught them to cook, sew, knit, crochet, hunt, fish, split wood, rake pine needles and shovel snow.

Joan was the organist at St. Theresa Church for nearly 60 years, and until recently she played and sang at the 8am Mass every Sunday.

She was an avid sports fan and enjoyed watching her San Francisco Giants, the Green Bay Packers, and the San Francisco 49ers. She loved spending time outdoors with her husband hunting in Montana and fishing in Lake Tahoe, Fallen Leaf Lake and the Sea of Cortez in Baja.

Joan fought through and survived many health challenges throughout her life and was the strength and backbone of her family. She called herself a survivor. Her family called her a warrior. She will be greatly missed by all who knew and loved her.

She was preceded in death by her husband, Donald Jack in 2009; brother James Pluth in 1987, and brother Gerald Thompson in June of this year.

Joan is survived by her six children and their spouses, Sue (Bruce Detweiler), Paul (Lynda), Dave (Diane), Sandy (John Walsh), Marie (Damon Stokes), Lorri (Andy Williams). She was also loved by her 16 grandchildren, seven great-grandchildren, cousins, nieces and nephews.

A rosary will be Jan. 12 at 6pm at St. Theresa Catholic Church. Funeral Mass to be said Jan. 13 at 10am, followed by a celebration of her life in Grace Hall.

In lieu of flowers, donations may be made in her name to St. Theresa Catholic Church or Barton Hospice.

3D image revolutionizes mammograms at Barton



Sara Rourvinen of Barton Health, right, positions the new 3D mammogram machine. Photo Copyright 2017 Carolyn E. Wright

By Kathryn Reed

I call it getting my boobs squeezed. It's an annual ritual most women of a certain age subject themselves to – the mammogram.

While I won't say the new machine Barton Memorial Hospital has is something I would want to experience any more often, it is better than the old piece of equipment. It doesn't squeeze the breast as hard, but it does take longer to get the full image because it is going through a 50-degree arc.

There is also a bar to hold onto, which makes things more comfortable.

The exam room is larger, a little warmer, a little more secluded. It's part of Barton creating a women's suite.



Sara Rourvinen of Barton works to position a breast for the best pictures. Photo Copyright 2017 Carolyn E. Wright

The whole experience is better. While that's great, the best part is the efficiency of the new machine. Cancer detection is increased by 30 to 40 percent. The earlier the diagnosis, the better the outcome is likely to be.

The new technology is called tomosynthesis, which is essentially taking a 3D image of the breast.

As technician Sara Rourvinen explained it, 2D images are like taking a picture of a book cover, while the 3D version allows all of the pages to be seen. Those pages, so to speak, are layers of breast tissue.

"Cancer doesn't have places to hide anymore," Rourvinen said.

In many ways it's an awkward procedure – what with having someone placing your breast on the flat surface of the

machine, then a vice like contraption pressing down to keep it in place, having the tech tell you to standstill, but still breath. Rourvinen then walks behind the lead glass to be protected from the radiation. Next to her she has a monitor to see the images come up. She prides herself in getting it right the first time. Then the pictures are sent electronically to radiology.



Sara Rourvinen reviews the 3D image of a mammogram.
Photo Copyright 2017 Carolyn E. Wright

This machine is going to be most beneficial to women with dense breast tissue.

“High density breasts are a cancer risk. Because there is more breast tissue, there are more places for cancer to arise,” physician Leonard Holmgren told *Lake Tahoe News*.

Holmgren, one of the radiologists at Barton tasked with reading mammograms, looked at my images in his office on a 5-megapixel monitor. He compared them to last year’s. No change – still cancer free.

2D images are still taken. It is static. Sorting through the 3D images the layers of tissue are distinguishable. It’s easy for the doctor to scroll back and forth for another, closer look.

This new machine, which has been in use since June, requires doctors to spend about 40 percent longer reading the results. The added time is looking at all those layers of images. My exam resulted in 68 images on one setting, 75 on the other.



Dr. Leonard Holmgren goes over the mammogram results with patient Kathryn Reed. Photo Copyright 2017 Carolyn E. Wright

Two different images of each breast are taken. The number of images the 3D machine takes is dependent on how thick the breast tissue is.

This machine is better for everyone, not just those with dense tissue. It also gives a better reading for women with implants.

The stack of images also means fewer women will have to be called back for a second diagnostic mammogram. What might have been a suspicious spot with the 2D exam can now be seen in full, so to speak. Dense breasts in particular produce spots that need more analysis. This 3D machine is in essence providing that deeper analysis without subjecting the woman to another dose of radiation.

Barton mimics the national average of 10 percent of women being called back for a second screening. The machine is expected to decrease that rate to 8 percent.

This technology was approved by the FDA a handful of years ago, but only in the last couple has it been perfected. Plus, there are multiple manufacturers now. That is what led Barton to want to pursue purchasing the device. The Siemens machine cost \$402,000, with the Barton Auxiliary contributing \$220,000 toward it.

At first insurance companies would not pay for mammograms using the 3D device, but now they do. This was a concern of Barton's because many of the healthcare system's patients are on Medicare or Medi-Cal.

An added benefit is Barton can use the instrument to perform stereotactic biopsies. Before patients were sent to Carson City or Placerville.

The docs and technicians had to go through specialized training on the machine, with the 3D now being what all mammogram patients will use.



Technician Sara Rourvinen in the new space for mammograms at Barton Hospital. Photo Copyright 2017 Carolyn E. Wright

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Notes:

When to get a mammogram: Ob-gyns at Barton Women's Health go by the recommendations specified in the American Congress of Obstetricians and Gynecologists. The ACOG recommends starting clinical breast exams at age 25. Average-risk women should start getting annual mammograms at age 40. Barton Health urges people to speak with their doctor about frequency, as well as other possible testing if they have a family history of breast cancer.

SLT holiday fire engine route set

South Lake Tahoe's holiday fire truck will be going through neighborhoods starting Dec. 10.

Here is the schedule:

- Dec. 10 – Tahoe Keys
- Dec. 11 – Glenwood area
- Dec. 12 – Tahoe Keys Boulevard/state streets
- Dec. 13 – Barton/Tahoe Island park
- Dec. 14 – South Y/Tata Lane area
- Dec. 15 – Al Tahoe Boulevard
- Dec. 16 – Springwood/Bijou Pines area
- Dec. 17 – Sierra Boulevard
- Dec. 18 – Ski Run area
- Dec. 19 – Heavenly Valley area
- Dec. 20 – State line/Pioneer Trail
- Dec. 21 – Gardner Mountain
- Dec. 22 – State line hotels
- Dec. 23 – Main areas
- Dec. 24 – Lake Tahoe Boulevard.

The Christmas engine will leave Station 3 at the Y each evening at 5pm and the firefighters will be passing out candy canes to everyone who comes out to see them.

Weidinger PR wins coveted

awards

Weidinger Public Relations of Stateline won three awards at the Public Relations Society of America, Sierra Nevada Chapter Silver Spikes Awards.

The firm's public relations efforts for the 2017 American Century Championship captured the Silver Spike for Special Events and Observances. The Silver Spike is the highest honor and identifies outstanding achievement, far-reaching client results, and high standards for quality of work and ethics.

WPR also garnered awards of excellence for the Lodge at Edgewood Tahoe grand opening, and for the Gene Upshaw Memorial Golf Classic.

The firm specializes in travel, tourism, recreation, real estate, special and sporting events.

Natasha Sagucka – 1993-2017



Natasha Sagucka

Natasha Ania Sagucka was born to snowboard. From the time she was 2 until her last days on this earth she found peace, love and light on the mountains. She thrived from the energy of slashing through the trees and sliding on the rails just perfectly.

Tash lived her short life to her fullest potential. Inspiring everyone who knew her, most of all her little sis, Kayla, who twice fearlessly donated her stem cells to give Tash a second chance at life. On Nov. 15, 2016, Natasha was diagnosed with acute lymphoblastic leukemia. From that day forward Tasha's life was forever changed.

Tasha was a young and brilliant soul who bravely battled a horrific disease. On Nove. 4, 2017, this disease ultimately stole her young life. She was 24.

She was born on March 24, 1993.

Natasha is survived by her parents Margaret Sagucka and Kori Griffin; sister Kayla Sagucka; brothers Carson and Scottie Carey; stepdad Scott Carey; maternal grandmother Babi Ania Sagucka who helped raise her since she was a little girl; paternal grandfather Major Griffin; as well as her beloved boyfriend Ali Giroux; auntie Summer Schimandle; cousins Ian and Paxston; and her puppy Reno.

A Celebration of life will be on Dec. 4 at 11am at Sierra Community Church, 1165 Sierra Blvd. South Lake Tahoe.

In lieu of flowers, donation may be made to Leukemia Lymphoma Foundation, Saint Jude's or Make a Wish.

Satellite ski communities are the new dream

By John Clary Davies, Powder

The ski town as we know it is dead. The cause? A toxic combination of all-time national wealth inequalities, wage stagnation, the proliferation of short-term rentals, and too many damn tourists. Unless you got in early, have a family inheritance, or somehow snagged one of the few affordable rentals in town, living in a traditional ski town is a less viable option than it has ever been.

Places like Jackson, Telluride, and Mammoth—classic cute-as-a-button ski communities—are no longer realistic places to move to, but weekend stops where one might find a cool Airbnb while flexing another stop on their Mountain Collective pass.

What, you thought you could actually live there? C'mon. The median listed home prices for great places to live and ski: Bozeman, \$410,000; Whitefish, \$519,000; Mammoth Lakes, \$539,000; Truckee, \$704,250; Telluride, \$1.2 million; Jackson Hole, \$1.4 million. Trailers in Aspen are going for half a mill.

Read the whole story

Join the Lake Tahoe News book club

Starting today *Lake Tahoe News* is launching a book club. All of you are invited to be part of it.

The goal is get people to read more – it doesn't matter if you buy the book in print or online (though it's nice to help authors make a living), or borrow it from the library, or listen to it.

Come and go as you like – or as you like the book.

On the first of each month a review of the book will be written. Questions will be posted in the comments section to stimulate discussion. Then it's up to all of you to add your comments. This is one of the rare times you may comment on *LTN* without being a subscriber. Comments will be moderated to keep people on topic and to make sure there is no nastiness. No need to use your real name when commenting.

At the end of the review will be the title/author of the next month's book. Suggestions for books are welcome. If you would like to review a book, please send us an email at info@laketahoenews.net with "reviewer" in the subject line.

The December book is "The Airbnb Story: How three ordinary guys disrupted an industry, made billions ... and created plenty of controversy" (Houghton Mifflin Harcourt, 2017). This book was chosen because of how the vacation home rental industry is in the news here and elsewhere. The shared economy is huge and this is one example of it.

Happy reading!

LTN staff

Backpacking guide tackles

emotional, challenges

financial

By Benjamin Spillman, Reno Gazette-Journal

When the snow flies in the mountains many hikers and backpackers retreat to their laptops and smartphones to dream up bigger and better adventures for next year.

Hikers hunting a truly epic adventure on the Pacific Crest, Appalachian or any other long trail need more than fancy gear and the right hashtag to succeed. They need to plan for the financial and emotional challenges of an adventure, such as paying the bills and maintaining healthy relationships with family and friends while away on the trail.

It's those less glamorous aspects of adventure that Elizabeth Thomas tackles in her book, "Long Trails: Mastering the Art of the Thru Hike."

Read the whole story

Free movies at SLT's Y in December

For the entire month of December, Sierra-at-Tahoe rings in the holiday season with family-friendly Christmas movies coupled with ski/snowboard premieres, charity fundraisers, and live artists.

Sierra-at-Tahoe, FNCTN and Lake Tahoe AleworX will provide the community an opportunity to enjoy free big-screen movie

screenings under the stars, while huddled around fire pits and supporting a great cause.

Event snapshot:

Dec. 3, 5pm: "The Polar Express," beneficiary – Lake Tahoe Boys & Girls Club

Dec. 9, 5pm: "Elf" and "This is Home," a Faction ski movie

Dec. 16, 5pm: "Supervention 2," cause – Sierra Avalanche Dogs

Dec. 23, 5pm: "The Grinch" and "Passenger," benefits Lake Tahoe Boys & Girls Club.

Barton Hospice to remember those who have died

Light Up a Life, Barton Health Hospice's annual celebration of the memory of loved ones lost will be Dec. 13, 6-7:30pm in the North Room at Edgewood Tahoe.

Hospice staff will share readings and a remembrance message, and attendees will have the opportunity to reflect and acknowledge those who have passed. The event will culminate with the lighting of a tree decorated with photo ornaments honoring hospice patients lost this year.

Community members who are unable to attend but would like to share an honoree may provide their loved one's name to Barton Home Health and Hospice prior to the event, and staff will read out loud that person's name.

For more information or to share an honoree, call 530.543.5581

or email tbruess@bartonhealth.org.