

Slew of new laws affect Californians

By Patrick McGreevy, Christine Mai-Duc and Jon Schleuss, Los Angeles Times

Californians face new restrictions on carrying guns, new regulations on medical marijuana, and higher pay if they earn minimum wage under laws that take effect in 2016.

Parents, students, healthcare providers and anyone who gets behind the wheel of a car will see changes – some immediately, some over the course of the year.

Many of the 807 bills signed into law touch on broad aspects of California residents' everyday lives or address major issues like voter participation, and life and death.

Read the whole story

Olympian Bowman to meet with fans at Sierra

Sierra-at-Tahoe will host Subaru Conquer Winter Day on Jan. 9.

This free event highlights an athlete signing with women's freeski halfpipe Olympian Maddie Bowman.

Bowman, 21, grew up on the South Shore and went to South Tahoe High School. She won the gold medal in women's ski halfpipe in Sochi in 2014. Bowman will be signing autographs from 9-11am.

Subaru Conquer Winter Day is open to guests of all ages and

will be at Sierra's Solstice Plaza.

Storms lined up to drop white stuff on Tahoe

A winter storm watch has been issued by the National Weather Service in Reno for the Lake Tahoe Basin for the 24-hour period starting Jan. 4 at 10pm.

Heavy snow is forecast for the basin from 1am to 6pm on Tuesday. Four to 8 inches is expected at lake level, with 8 to 15 inches at higher elevations.

"Once the storm arrives, travel may be difficult at times with long delays," the agency said in a statement.

Snow is predicted for the better part of the week.

The bone-chilling temperatures are gone for now. Highs are expected to be in the 30s, with overnight lows in the 20s.

– Lake Tahoe News staff report

65 people evacuated from Heavenly chairlift

Sixty-five people were evacuated from North Bowl chairlift at Heavenly Mountain Resort today.

At 10:58am Jan. 3 an unoccupied chair on the downhill side fell from the lift.

No injuries were reported.

This is a fixed grip triple chair on the Nevada side of the South Shore resort. Fixed grip means the chairs are permanently attached to the cable.

The chairlift will be out of service until the maintenance team can evaluate what happened.

The lift was stopped immediately, according to resort officials. Ski patrol then was able to bring everyone off the lift.

North Bowl lift is in the master plan to be replaced with a high speed detachable quad, but there is no date when this will happen.

– Lake Tahoe News staff report

Court will hear case against data trespass laws

By Dustin Bleizeffer, WyoFile

A federal judge has rejected the state of Wyoming's motion to dismiss a lawsuit aimed at striking down a pair of laws that make it illegal to collect data from public lands without first gaining permission.

U.S. District Court Judge Scott Skavdahl issued the order last month, finding that Wyoming's "data trespass" laws may

unconstitutionally criminalize activities such as photography on public lands.

Groups suing the state say the case strikes at the heart of free speech and the right to petition the government as protected under the First Amendment, as well as equal protection under the Fourteenth Amendment. “A law that makes sharing photos of Devil’s Tower or Yellowstone a punishable offense just isn’t consistent with Americans’ right to Free Speech,” Natural Resources Defense Council senior attorney Michael Wall said in a prepared statement.

Earlier in 2015, the Wyoming Legislature passed Senate File 12 creating the crime of trespassing to collect data, and Senate File 80, which made the practice a civil violation. Key in the language of the statutes is the application to all “open lands” outside of municipalities.

Read the whole story

First South Shore baby of '16 born on NY Day



Margarita and Rogelio Castaneda with their newborn son, Jeremy. Photo/Provided

By Molly Hucklebridge Coolidge

When the clock struck midnight on New Year's Day, Rogelio Castañeda and a very pregnant Margarita García gave a New Year's toast with a glass of Champagne and a glass of apple cider, respectively. Three hours later, after a brief slumber, Margarita woke up in labor.

The couple headed to Barton Family Birthing Center and at 6:36pm on Jan. 1 Jeremy Nicolas Castañeda García was born. Jeremy weighed 7 pounds, 11 ounces and was 20.5-inches long. He was named after his maternal grandmother Geremia, who passed away when Margarita was young.

Jeremy is the couple's first child and the first baby born at Barton in 2016. Rogelio Castañeda who works at the Chart House, has lived in South Lake Tahoe for 14 years and

Margarita Castañeda has lived in South Lake Tahoe for seven years. The South Lake Tahoe couple met seven years ago while she was working at what is now Fitness Evolution, and he was a member of the gym.

According to couple, Jeremy was born one week earlier than expected.

To honor the first baby born at Barton Memorial Hospital in 2016, the new parents were surprised with a wagon and toddler sled filled with gifts. This year, local businesses and organizations donated baby items and gift certificates totaling nearly \$1,800.

Molly Hucklebridge Coolidge works for Barton Health.

Predicting '16 gaming landscape an inexact science

By Howard Stutz, Las Vegas Review-Journal

Not many folks predicted that daily fantasy sports would dominate the headlines over the last half of 2015.

That was before DraftKings and FanDuel blasted television audiences with commercials that had more airtime than the actual football games.

Meanwhile, the business operators showed an arrogance not seen in nearly a decade, when offshore online gambling websites heavily advertised their products before the Unlawful Internet Gambling Enforcement Act of 2006 closed them out of the marketplace.

That's the trouble with making predictions. It's not an exact science.

Still, as we roll into 2016, I'll take a stab at what the gaming landscape will look like in year dominated by the presidential campaign and other national news events.

Read the whole story

K's Kitchen: Squash stew a delight in winter

By Kathryn Reed

I love eating butternut squash. It's peeling and cutting the raw squash that I don't really like. But the effort, it's so worth it.

This stew is fabulous on a cold winter night. It's hearty, filling and blends southwestern flavors into a delightful meal. It's also fairly healthy. It would be easy to skip the cheese and yogurt to make it even more nutritious. But only a small amount of both are called for, so it's not adding that much fat and calories.

Just don't skip the salsa. The tanginess of the lime adds so much.

I was thrilled to have leftovers for a couple days. It didn't last long enough to know if it freezes well.



Southwestern Squash Stew

Stew:

2 T olive oil

1 butternut squash, cubed

1 medium yellow onion, chopped

2 tsp dried oregano

1 quart vegetable broth

2 dried red New Mexican or guajillo chile, seeded and torn into bits

1 T smoked paprika

$\frac{1}{2}$ tsp kosher salt

1 tsp red pepper flakes

2 (15.5-ounce) cans chick peas, drained

Salsa:

1 avocado, diced

$\frac{1}{2}$ C cilantro, minced

1 jalapeño pepper, minced

1½ tsp grated lime rind

1½ T fresh lime juice

¼ C Monterey Jack cheese, grated

¼ C Greek yogurt, reduced fat

In sauce pan over medium heat add oil, squash, onion, oregano, and chile. Cook until onion and squash begin to brown, stirring frequently. Add broth, paprika, salt, red pepper flakes and chickpeas; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until squash is tender.

Combine avocado, cilantro, jalapeño, lime rind and lime juice.

Ladle stew into bowls. Top with salsa, cheese and yogurt.

Can too much exercise harm the heart?

By Gretchen Reynolds, New York Times

With many of us contemplating marathons or other prolonged endurance events in 2016, we, our spouses and other family members most likely have wondered whether such strenuous training could be harmful to our hearts. Could any of us, in making ambitious resolutions, exercise too much?

A newly published scientific review offers both reassurance and some caution. It found that while most athletes' hearts can withstand most exercise, there are exceptions. For some people in seemingly good health, heavy loads of exercise might

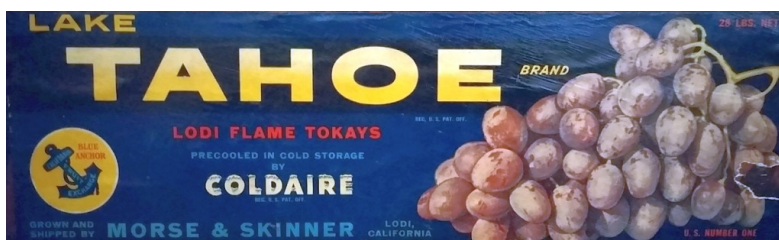
be problematic. That's why all of us who work out should be as informed as possible about our family's cardiac history and our own potential genetic risks.

Exercise, of course, is in general extremely beneficial for heart health. Dozens of large-scale epidemiological studies have found that people who exercise in any amount, whether five minutes a day or two hours a day or more, are much less likely to develop or die from heart disease than people who are sedentary.

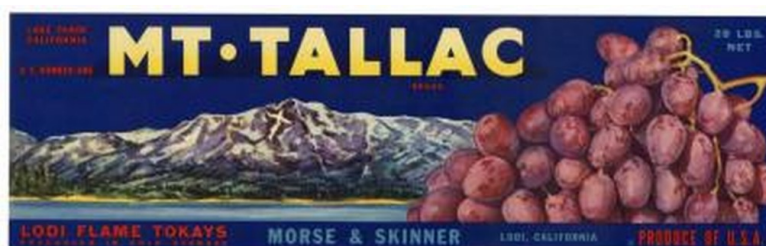
Read the whole story

Then and now: Tahoe name used in agriculture

According to an article in the *Lodi News-Sentinel*, symbols from Lake Tahoe were used by a canning company in the San Joaquin Valley in the first part of the 1900s.



Photo/Bill Kingman



Photo/Lake Tahoe Historical Society

Mt. Tallac labels on fruit crates appeared in about 1912 by L.M. Morse, who enjoyed vacationing at Tahoe.



Photo/South Lake Tahoe

The later Emerald Bay brand was copyrighted in 1922 by Morse's son-in-law, John C. Skinner. They operated the Morse & Skinner Fruit Company of Lodi. Fruit crate labeling waned in about 1950.

L.M. Morse's ranch house built in 1869 is now listed on the National Register of Historic Places. The Lodi Chamber of Commerce told *Lake Tahoe News* there is a developer in the same area called Morse Skinner (no "&"), but there no longer exists a Morse & Skinner Fruit Company.

— *Bill Kingman*