

Snippets about Lake Tahoe

- There are two vacancies on the South Lake Tahoe Planning Commission. Applications are available at city offices at Lake Tahoe Airport. They must be turned in by 5pm April 24. For questions or additional information, call 530.542-6004.
 - OneJustice is offering a free immigration legal clinic on April 21 from noon-5pm and April 22 from 10am-3pm where attorneys will help with naturalization applications, DACA renewals, TPS and general immigration assistance. Call 415.534.5878 to get more information, location and to schedule an appointment.
 - The Douglas County Public Library will be hosting Lake Tahoe author Jennifer Quashnick at both branches. She will be at Zephyr Cove on April 18 at 6pm to introduce her Mountaingirl Mysteries series. She will then bring the discussion to the Minden branch on May 30 at 5:30pm.
 - The Truckee Elementary School upgrade project groundbreaking ceremony will be May 2 at 4pm.
 - The Kings Beach Elementary School upgrade project groundbreaking will be June 5 at 4:30pm.
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VHRs – from alternative to mainstream lodging

By Jason Hildago, Reno Gazette-Journal

Lake Tahoe's vacation home rental scenario is a microcosm of a

massive movement with global legs. Estimated as a \$100 billion industry in 2016, the vacation rental market is projected to grow to \$169.7 billion worldwide by next year, according to international data provider Research and Markets.

Europeans, with their long history of holiday home use, have especially embraced vacation rentals. In 2015, half of travelers in Europe used private accommodations, according to Phocuswright, an international travel, tourism and hospitality market research firm. Private accommodation is a term that encompasses rentals such as park lodges, vacation rental management company offerings, privately owned homes, rooms or even couches that are rented out to travelers.

Another big player in the space is the United States. In 2011, one in 10 U.S. travelers used what was then called “alternative accommodations,” said Douglas Quinby, Phocuswright senior vice president of research, at last year’s Phocuswright Europe conference.

Read the whole story

Tahoe Tails – Adoptable Pets in South Lake Tahoe



Gypsy

Gypsy is an 18-month-old golden retriever/German shepherd mix. She came to the shelter when her owners had to move.

Gypsy likes other dogs and didn't chase the cat that she met at the shelter. She needs a home without children under 12.

Gypsy is spayed, microchipped, tested for heart worm, and vaccinated. She 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

Nev. gaming officials propose regulation changes

By Richard N. Velotta, Las Vegas Review-Journal

Casino licensees would get clarity on responding to customers who appear to be impaired by drugs and out-of-state sports bettors would be able to be paid winnings easier under changes to gaming regulations that have been proposed to the Nevada Gaming Commission.

The state Gaming Control Board on Wednesday unanimously recommended approval of proposed amendments to four regulations that will be considered by the commission at its April 19 meeting.

Read the whole story

Placer County trying to improve permitting process

Placer County will host workshops this month to gather feedback on how to improve the permitting process for commercial and residential project developers.

The goals are to create a more user-friendly experience, and save project applicants time and money.

Engineers, design professionals, consultants, contractors, utility agencies, members of special districts and public

agencies, and other interested parties are invited.

The workshops are:

- April 18, 1-5pm: Engineering: Improvement plans and final map process
- April 19, 8am-noon: Building: Building permit process
- April 19, 1-5pm: Planning: Entitlement process.

Placer County Community Development Resource Agency is located at 775 N. Lake Blvd. in Tahoe City. For additional information about workshops or to RSVP, contact Alex Sullivan at 530.581.6203 or acsulliv@placer.ca.gov.

LimeBikes expanding program in S. Lake Tahoe

By Kathryn Reed

LimeBikes are coming back to South Lake Tahoe – and for a longer period.

They are expected to start showing up in mid-May to be ready for the Memorial Day surge and will be scattered about until mid-October.

These bikes were introduced here last summer on a pilot basis backed by the League to Save Lake Tahoe. The goals were to give cyclists an inexpensive way to get on a bike, get people out of their cars and reduce pollutants.

What hasn't been disclosed is how much driving is done by the company to redistribute the bikes, or pick ones up that need

servicing.

From the get-go these bikes were a bit controversial. People complained they were garish, looked like trash as they were left in random locations, and competed with established bike shops. (Sensors have been added to the bikes to monitor when they've been tipped over.)

As for the company, they believed last year was a success. Thus the reason to bring the bikes back for a longer duration, and the possibility of adding motorized scooters and bikes. The scooters would cost \$1 to unlock and then 15 cents per minute. In cities where scooters have been introduced they are used eight times more often than bikes, officials said.

Sam Dreiman, director of strategic development for LimeBikes, told the South Lake Tahoe City Council last week that tourists and locals were on the bikes. He said a substantial number of casino workers used them as their main mode of transportation to get to and from work.

The state line area is where ridership was the heaviest. Participation grew through the summer, with spikes on the weekends.

The bikes have GPS in them, allowing for the company to track the whereabouts of the bikes, but also know the locations people visited.

Expanding business partnerships is a goal as a way to encourage taking bikes to LimeBike-friendly establishments. That concept is still in the works.

As for competing with brick and mortar bike outlets, Dreiman said, "In other cities they don't see this as competition. It is a different use."

In part this conclusion is based on the duration people tend to use a Lime Bike – 10 minutes on average in South Lake

Tahoe. Tourists renting a bike want it for an hour or all day.

With there being no docking locations for the bikes, they can be left almost anywhere.

While the South Shore likes to consider itself one community, each jurisdiction has its own laws and rules.

LimeBikes wound up in Douglas County, Camp Richardson and on U.S. Forest Service property. The Bay Area-based company does not have agreements with those entities.

"We have discussed the LimeBikes program and feel that a bike share program does add value to the community. However, greater engagement with local bike rental and bike shop businesses would be desired. We believe there is room for improvement," Melissa Blosser with Douglas County told *Lake Tahoe News*. However, she added, "We are not in a position to regulate or ban them."

The USFS has strict rules about making money on federal lands. If someone were to pick up a LimeBike on USFS land could be construed as making money, compared to if someone were to ride to a Forest Service beach, stay a bit and then leave with the bike.

"We have not issued a competitive permit for the commercial use of LimeBikes as of yet, as we are working with the community to explore the idea of their utilization, a test program. There were some issues last year as to where the bikes were left, however it did not cause any substantial problems," Heather Noel with the Lake Tahoe Basin Management Unit told *Lake Tahoe News*. "LimeBikes could be confiscated if found abandoned on National Forest System lands and impounded five days after a notice has been mailed."

Opinion: Calif. needs to rethink fire mutual aid

By Jeff Meston

Last October, California experienced a series of devastating wildfires that destroyed property and took lives. In a four-month period, the state endured fires and floods from San Diego to Mendocino that destroyed more than 11,000 homes and commercial structures and killed 64 Californians.

Local government fire and rescue personnel and equipment comprised up to 80 percent available resources for mutual aid throughout the state. South Lake Tahoe Fire Department along with other fire agencies from around the basin engaged in these critical fire fights.



Jeff Meston

Rising temperatures, prolonged drought and high winds – all ingredients that make for increased risk of catastrophic fires – are going to be a part of our lives and communities for the foreseeable future.

Since 2000, we have witnessed 14 of the 20 largest wildfires and 12 of the 20 most destructive wildfires in California history. The Northern California fires generated more than \$10

billion in insurance claims, making it the most costly fire disaster in our state's history.

The question on the minds of all of those who live or have homes in the Tahoe basin is could it happen here? In 2007 we experienced the Angora Fire, which destroyed 254 residences, and damaged 35 homes. This fire loss was estimated at \$141 million. Lake Tahoe is quite different from the Sonoma/Napa area as well as the Ventura/Los Angeles area. We do not currently have the regional firefighting capacity of our neighboring locations, as we live in a pine forest and we are very dependent on the California statewide mutual aid plan that was developed in the 1950s to bring us help.

The Lake Tahoe Basin does not have adequate resources to battle a mega fire, and based upon history it's only a matter of when that will happen. Lake Tahoe is relatively isolated with resources only able to traverse the main thoroughfares of Interstate 80 and Highway 50.

In Santa Rosa, just 130 of the more than 400 requests for mutual aid were filled within the initial hours because dispatch systems were overwhelmed. Sufficient help to contain the fire didn't arrive until the third day. This is in Santa Rosa, within the SF Bay Area, where large metropolitan fire departments like Contra Costa Consolidated Fire District, San Francisco Fire Department, Oakland Fire Department and the Alameda County Fire departments are located.

California's Mutual Aid System is recognized as a world-class system for communities to share disaster response resources. However, it's a "reactive" system built to add resources as disasters grow beyond the capability of what's on the ground. California's fire service leadership is working diligently to change this system from a reactive to pro-active system.

One of the most effective tools for preventing fires from quickly spreading out of control, or to immediately address

other natural disasters such as flooding and mudslides, is to pre-position fire strike teams in areas where high risks are predicted. A lesson learned from our recent fires is that pre-positioning works. The strategy of deploying resources before disaster strikes (called pre-positioning) allows us to attack wind-driven wildfires in the first minutes or hours after they ignite, preventing them from becoming the urban conflagrations like those we witnessed last year. It allows us to give warnings to impacted communities sooner and to rescue mudslide and flood victims as disasters begin to unfold.

The California Fire Service leadership is asking Gov. Jerry Brown to allocate \$100 million in fiscal year 2018-19 to reimburse local fire agencies for their costs to staff up and pre-position resources, to improve staffing levels in communications centers, to warn residents when their communities are in immediate peril, and to add GPS tracking to firefighting apparatus all over the state.

The California Fire Service currently has to increase the pace and scale of everything we do to suppress fires. Communities like ours, close to forest lands and wildlands are particularly vulnerable; we suffer from minimal escape routes within our community, and a lack of firefighting resources throughout the Tahoe basin. There is no better way to reduce risks and mitigate the impacts of climate-driven disasters than to be ready to fight fires and other disasters in the first hour.

We urge Gov. Brown and the Legislature for funding in the next state budget to implement these strategies.

Jeff Meston is fire chief for the city of South Lake Tahoe, president elect for the California Fire Chiefs Association, and serves on the board of directors for FIRESCOPE.

Kids' fitness is improving, but not to parents' level

By Grant Tomkinson and Justin J. Lang

Physical fitness is important for success in sports and athletics, but it is also important for good health. If you are generally fit, you probably have a strong heart, brain, muscles and bones, all of which help you to exercise and improve your chances of living a long, fit and healthy life.

The most important type of fitness for good health is aerobic fitness, which is your ability to exercise or be physically active at a constant pace for a long period of time (say, more than 20 minutes), such as running, walking, biking, swimming, rowing, or playing aerobic sports such as soccer or basketball.

Monitoring national and international trends in kids' aerobic fitness is important to understand trends in the underlying current and potential future health of a population. Research shows that if you are aerobically fit as an adult, then you are less likely to develop or die from chronic conditions such as heart disease, stroke and some cancers. And, if you were fit as a kid, then you are more likely to be a fit and healthy as an adult.

Take a second to think about your own fitness level. Do you think you were as fit as today's kids when you were their age?

This has been a topic of much discussion in recent decades. Most people say that kids' fitness has declined, some say that it has not changed at all, while few are willing to say that it has improved.

To help settle this debate, our research team has spent the past two decades gathering historical fitness data on millions of kids from around the world.

Improvements in some kids

We systematically analyzed decades of data from hundreds of studies across many different countries to compare the aerobic fitness of kids of the same age and gender, all measured using the same fitness tests.

In 2003, our research was the first to conclusively show that kids' aerobic fitness did in fact decline around the world at the end of the 20th century. In our very large study of 25 million kids aged 6 to 19 years from 27 countries, we showed that aerobic fitness declined worldwide between 1970 and 2000, with kids in 2000 about 15 percent less fit than their parents were when they were kids.

Yet there is some good news suggesting that kids' fitness levels may no longer be on the slide. We recently published an update to our 2003 study in the British Journal of Sports Medicine, which examined trends in the aerobic fitness levels of 1 million kids aged 9 to 17 years from 19 high-income (such as Australia, Canada, the United States, etc.) and upper middle-income (such as Brazil and South Africa) countries between 1981 and 2014. We measured aerobic fitness using the 20-meter shuttle run, also called the "beep" test, or the PACER test.

The beep test is the world's most popular field test of aerobic fitness for kids. It is a progressive exercise test involving continuous running between two lines 20 meters (66 feet) apart in time to recorded beeps. The time between beeps gets progressively shorter, and the test is over when you can no longer run the 20-meter distance before the audio beep.

Our updated study confirmed that kids' aerobic fitness levels had in fact declined in the 1980s and 1990s, but

interestingly, the decline appears to have slowed since 2000 with fitness levels plateauing over the past decade.

While trends in fitness differed between countries, most showed overall declines. After 2000, however, aerobic fitness improved in Brazil and Japan; plateaued in Australia, Canada, Greece, South Africa and Spain; and declined in Portugal, the United Kingdom and the United States. Today's kids are still less fit than their parents were when they were kids, but the gap is about half as much as previously thought – and now about 7 percent.

What's the cause?

We explored links between trends in aerobic fitness and trends in broad socioeconomic and health factors in each country, including income inequality, physical activity levels, and overweight and obesity levels.

The strongest indicator of a country's fitness level was the gap between rich and poor, as measured by the Gini Index. Countries with a widening gap between the rich and poor experienced the largest declines in aerobic fitness between 2000 and 2014.

Countries with a widening gap between rich and poor tend to have a growing number of poor people. Poverty is linked to poor social and health outcomes in high- and upper-middle income countries, known as the social determinants of health. An indirect result of poverty could be a lack of opportunities, time and resources to be physically active and to participate in activities that improve or maintain an individual's aerobic fitness level.

Assuming this link is causal, policies that tackle income inequalities and build on improving the social determinants of health within countries could lead to improved aerobic fitness levels to not only stem the declining fitness tide, but to turn the fitness tide around for good for people of all ages.

Grant Tomkinson is a professor at University of North Dakota. Justin J. Lang is a research associate at University of Ottawa.

Mt. Rose ski patrol attain advanced care permit

Mt. Rose ski patrol is the first non-ambulance, non-fire department, non-air ambulance service to earn the advanced life support permit from the Nevada Department of Health Emergency Medical Services Division.

The Mt. Rose ski patrol has been providing ALS medical care to its sick or injured guests since 2010 under a cooperative services agreement between the ski patrol, North Lake Tahoe Fire Protection District and REMSA.

Mt. Rose now has the only ALS permitted ski Pptrol in the Northern Sierra/Lake Tahoe area.

The ALS permit sets a new standard of care for the ski area and allows Mt. Rose ski patrol to provide services that include:

- Patient care provided by paramedics, advanced EMTa and EMT basic patrollers
- Medical direction and oversight by physician Lisa Nelson
- Ability to hire advanced ski patrol providers who do not currently work at NLTFPD or REMSA
- Participant in the Washoe County Regional EMS Protocols so as to provide uniformly accepted local standards of care

- Improved coordination and patient care transfer with EMS transport agencies
 - Ability to apply for EMS/Pre-hospital medical grants
 - Ability to purchase medications under the resort's own DEA license.
 - **Mt. Rose Ski Tahoe ski patrol can provide:**
 - Advanced cardiac care, including 12 lead ECG
 - Pain management
 - Advanced airway and respiratory support
 - Glucose testing and diabetic emergency care
 - Access to direct medical control from hospital emergency department physicians
 - Emergency medicine administration
 - Over the counter medications.
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Nev. looks to learn from past mistakes in health platform switch

By Yvonne Gonzalez, Las Vegas Sun

CARSON CITY – The state's health exchange under the Affordable Care Act is moving off the federal platform for signing up for insurance, relying on lessons learned in the past and in other states.

Vendors have until 2pm April 13 to file proposals with the Silver State Health Exchange and must adhere to strict requirements. The goal is to avoid mistakes made the first time around, said Heather Korbolic, the exchange's executive director.

Korbolic said only about a handful of companies have built successful platforms under the Affordable Care Act.

Read the whole story