Barton doc outlines breast cancer facts

By Kathryn Reed

STATELINE – Even without a family history or other factors, nearly 13 of out every 100 women will get breast cancer. While family history is the No. 1 risk factor, 85 percent of breast cancer cases involve people with no family history.

The good news is the number of people diagnosed with breast cancer and those dying from it are declining. In large part this has to do with better screenings, improved surgical options, as well as advanced radiation and chemotherapy treatments.

Still, the American Cancer Society predicts there will be 231,840 new breast cancer cases this year and 40,000 deaths because of the disease.

These are stats that Amanda Weavil shared with Soroptimist International of South Lake Tahoe last week as part of what was Breast Cancer Awareness Month. Weavil is an obgyn with Barton Health.

Women between 50 and 55 are most at risk, while more white women are diagnosed with the disease. However, more black women die from breast cancer, Weavil said.

Modified risks – things women may have some control over – include:

· Breast feeding – decreased risk

· More than two alcoholic beverages a day – increased risk

· Obesity – increased risk

· Physically active – decreased risk

· Oral contraceptive for more than five years – increased risk

· Menopause after 55 – increased risk

· Menstruation before 12 – increased risk

· Never having kids – increased risk

· Smoker – increased risk

· Abortion – no bearing

· Antiperspirants – no bearing.

Tomosynthesis is the newest technology for testing for breast cancer. It's a type of mammogram. Barton will have the technology after the first of the year. The machine is being paid for by the Barton Auxiliary.

Barton Women's Health, who Weavil works for, will be bringing on a third obgyn this month.

While the American Cancer Society came out with new recommendations in October when it comes to what age to begin breast screens (age 45), when to stop having them annually (55) and said self-exams are not worthy, Weavil said not all medical organizations are in agreement. The American College of Surgeons and American College of Obstetrics and Gynecology are expected to issue their guidelines after the first of the year.

For Weavil, she is sticking with the old regulations until the other two organizations weigh in. That includes the first mammogram at 40 and monthly self-exams.

Opinion: EDC fire district wants its money

By Larry Weitzman

El Dorado County CAO Larry Combs, wrote a letter to El Dorado Hills Fire Chief Dave Roberts on Oct. 8 informing Roberts that Board of Supervisors resolution 064-2014 had “errors of a technical nature that occurred in the adoption of the transfer.” What happened is that EDH Fire District through this resolution annexed the Latrobe Fire Protection District and the existing property tax revenue of Latrobe Fire was supposedly transferred to EDH Fire. In addition, Latrobe Fire was dissolved. No big deal, right?



Larry Weitzman

Not when you have Terri Daly, Kim Kerr and Mike Applegarth handling the paper work. We are talking about employees earning combined salary and benefits of more than $500,000 a year.

What Combs was referring to was that for the last two tax years since the BOS adopted the resolution on June 10, 2014, EDH Fire has not received a penny of the annual property tax revenues of about $257,000 annually. EDH Fire has annexed and accepted responsibility of Latrobe Fire, but isn’t getting

paid for it. And to make matters worse, it is not recoverable. How could this happen? Aren't the high ranking county officials, a CAO, an ACOA and a principal administrative analyst supposed to know what they are doing? Apparently not.

According to a memo in the BOS package apparently written by Kim Kerr and Mike Applegarth shows that this annexation which had file number 14-0428 was started at least by March 17, 2014, to adopt a resolution for the aforementioned annexation. Conceptually it was approved by the BOS on March 25, 2014, and a final version two was approved June 10, 2014. The title of the action according to the Kerr/Applegarth document titled Legislation Details was "CAO recommending the Board adopt Resolution 064-0214 agreeing to the exchange of property tax increment, and a property tax base adjustment pursuant to Section 99.02 of the California Revenue and Taxation Code for the dissolution of the Latrobe Fire Protection District and the annexation of the dissolved district by the El Dorado Hills Fire."

To complete a property dissolution and annexation one would think that these two (three if you include the CAO) highly paid individuals and supposedly knowledgeable people could accomplish this ministerial annexation in their sleep, right? Again, apparently not. They even didn't understand the deadlines, never mind Section 99.02, the very code section they cited. That's what happens when you cut and paste some other document without understanding what you are doing.

Their first mistake was when they state "under the R&T code (no section cited), the deadline for all districts to adopt resolutions agreeing to the exchange of property tax is May 16, 2014. Since this resolution was posted to the BOS June 10, 2014, calendar on June 6, 2014, didn't they understand they were already past the annual deadline to accomplish what they wanted to do? If they thought May 16 was the deadline for this year, why did they even put this on the calendar in a haphazard, rush fashion, posting it on a Friday for the

following Tuesday’s BOS meeting? Even worse was the three-day notice to the public, while legal, not leaving much time for scrutiny.

It becomes obvious that the BOS didn’t read or understand the agenda material which consisted of less than half a dozen pages, because if they did, they would have questioned the May 16 deadline date. Maybe they also should have read R&T Section 99.02 as you will come to see, no one in the CAO’s office did so either. By the way, where was county counsel in this debacle?

For the CAO’s and any other interested party’s edification the actual deadline for such a transfer is June 30, not May 16. The CAO obviously didn’t know and never bothered to check. But 99.02 (e) creates perhaps an unsolvable problem, in that to legally do such a transfer requires a noticed public hearing for the BOS, EDH Fire and Latrobe Fire, none of which were held and it can’t be cured retroactively. That means the past two years of property tax revenues (about $513,000) are gone.

But there may be another problem, how is Latrobe going to conduct a public meeting as it was dissolved two years ago and now it doesn’t exist. That could be unsolvable.

In a letter dated Oct. 22, 2015, from the EDH fire chief he asks for his tax revenue money and acknowledges the Combs letter that there is a problem of “a technical nature.” He goes on to say “we … have been patient while being assured that these issues would be rectified and our district would be made whole as per the original agreement.”

If those assurances were made recently, then we need to know who made them as no one has even tried to fix the problem according to the law. In addition, what county official is unilaterally making such assurances? One was made by Larry Combs in the above referenced letter when he said, “The county is committed to working with EDH Fire to ensure that the

county’s commitment to EDH Fire as expressed in Resolution 064-2014 is fulfilled and is in accordance with California law.”

We will see.

It is difficult to act within the law when the county officials do not understand the law, especially high ranking county officials who have almost a dozen full time lawyers on staff. Doesn’t say much for county counsel, either. But what could be worse is that high county officials think they are above the law and they can do anything they want, just put it before the BOS yes members. It’s been over four months since the BOS said they wanted Pam Knorr to correct a salary and benefits resolution. If not corrected, Knorr and County Counsel Robyn Drivon will receive a large benefit as a result paid for by the taxpayers. Maybe they are purposely letting it slide while the BOS is silent.

This property tax revenue transfer problem needs resolution for next year but that still concerns only future tax revenues. I doubt that anyone in the county has done anything since being notified of the problem. Perhaps we just don’t need a new administration, but a new BOS that takes care of business instead of the platitudes about how the administration does such a good job. Maybe the administration has other things on their mind.

Larry Weitzman is a resident of Rescue.

Restricting sugar, not

calories, improves youths' health

By Victoria Colliver, San Francisco Chronicle

The health of obese kids can rapidly and dramatically improve just by taking sugar out of their diet for less than 10 days, a new study by researchers at UC San Francisco and Touro University in Vallejo has found.

The researchers put 43 children and teenagers on a nine-day diet that severely restricted sugar without reducing calories, and virtually every measure of metabolic health – blood pressure, cholesterol and glucose levels – improved even though the participants didn't lose weight.

"What this is saying is that sugar is toxic because it's sugar; not because it's calories," said Robert Lustig, pediatric endocrinologist at UCSF Benioff Children's Hospital San Francisco and lead author of the study. "This proves conclusively, beyond a shadow of doubt, that a calorie is not a calorie."

Read the whole story

Snippets about Lake Tahoe



· An indoor pickleball court will be installed at the South Tahoe Recreation Center later this month.

· The 17th annual Tahoe Cross Country Ski Swap is Nov. 14 from 10am-3pm. Register sale equipment Nov. 13 from 3-8pm. For more info, call 530.583.5475.

· Placer County anticipates the final environmental impact report for the Village at Squaw Valley Specific Plan, along with the draft EIR for the Plumpjack Squaw Valley Inn, to be ready for review in late 2015 or January 2016.

· Starting this month Caltrans will be contracting with landscape crews to begin the installation of native California plants on the embankments of the overcrossings raised for the Interstate 80 vertical clearance project Raise 80" – part of which is in Placer County.

· The proposed Canyon Springs subdivision is scheduled to be considered by the Truckee Planning Commission on Nov. 16 and Nov. 17 at 6pm in the Truckee Town Hall Council Chambers, 10183 Truckee Airport Road.

Expect prescribed fires throughout basin

North Lake Tahoe and Tahoe Douglas fire protection districts and the U.S. Forest Service will continue prescribed fire operations over the next few weeks in various locations around

the Lake Tahoe Basin. Operations may take place near Incline Village, Meyers and Zephyr Cove Park.

Operations will continue as conditions allow.

Smoke from prescribed fire operations is normal and may continue for several days after an ignition depending on the project size and environmental conditions. Agencies coordinate with state and local county air pollution control districts and monitor weather conditions closely prior to prescribed fire ignition.

Before prescribed fire operations are conducted, agencies post road signs around areas affected by prescribed fire, send email notifications and update the local fire information line at 530.543.2816.

Coyote hunt critics try again for Nev. ban

By Jeff DeLong, Reno Gazette-Journal

Opponents of coyote-hunting contests are trying once again to ban the practice in Nevada.

Four critics of what they describe as “gratuitous slaughter” have petitioned the Nevada Wildlife Commission to outlaw a controversial practice that gives cash or other awards to hunters who kill the most coyotes during so-called “coyote call” events.

After a lengthy hearing last March, the commission voted overwhelmingly to deny a similar petition. Critics have prepared a second document they hope will bring success.

Read the whole story

Study: Cheese as addictive as drugs

By Meredith Carey, Conde Nast Traveler

We celebrated when science confirmed our belief that Oreos are addictive. But with this month's announcement that cheese is as addictive as drugs, we're shamelessly scarfing down pizza left and right.

A study from the University of Michigan stated that there's a scientific reason that pizza was found to be the most addictive food in the Yale Food Addiction Scale, and it all has to do with the cheese.

Cheese is especially addictive because of a protein called casein, which releases opiates called casomorphins during digestion.

Read the whole story

Turkey Trot registration under way

The Turkey Trot Fun Run will be Nov. 21 at Bijou Community Park in South Lake Tahoe.

It will begin at 10am.

Participants are encouraged to dress in Thanksgiving attire. Prizes will be given for best costume and most ridiculous costume.

For more information or to register, go **online**.

Controlled fires could save forests and fight climate change

By Conor Gearin, NOVA Next

Forestry managers face what seems like an unavoidable tradeoff. Controlled burns in Western forests reduce the risk of wildfire but release carbon dioxide, contributing to climate change. But a team of ecologists recently showed that controlled burns can actually benefit the climate in the long term.

Since the 1960s, attempts to suppress natural low-intensity fires led to forests overgrown with small trees and loaded with dead leaves. These act as fuels that easily accelerate a small fire into a forest-clearing inferno, though burning some fuel when winds are low and humidity is high—making a wildfire unlikely—can help prevent future disasters.

In 2012, calculations suggested that restoring low-intensity fire would release more carbon than not burning. However, new computer simulations of wildfire behavior over several decades showed that prescribed burns and vegetation thinning can both reduce the risk of wildfire and trap more carbon in tree

growth than an untreated forest.

Read the whole story

Sandoval, GOP given low marks by conservative group

By Reno Gazette-Journal

CARSON CITY – A report card from the conservative Nevada Policy Research Institute gave failing grades to Gov. Brian Sandoval and moderate GOP lawmakers who helped pass a $1.1 billion tax package, contending Republicans squandered their time in power and failed to shake things up.

The think tank issued the grades on a scale of 0 to 100 percent based on how closely the politicians lined up with NPRI's legislative priorities.

The institute opposes tax increases, tax incentive programs and many spending measures, while pushing to weaken union power and scale back public employee pensions.

Read the whole story