Opinion: Nutritional information often ignored

By Jane E. Brody, Washington Post

In the more than half a century that I've been writing about nutrition and health, I've witnessed many attempts to inform and improve the American diet, all the while watching young and old alike ignore sound nutritional advice and grow fatter and fatter.

Of course, individuals are not entirely to blame. The food and restaurant industries have done more than their share to lure people into bad eating and drinking habits. Stoking near-to-worthless breakfast cereals with added nutrients. Serving portions large enough to satisfy a racehorse. Selling snack foods and drinks in supersize containers, sometimes offered with free refills.

Purveyors of wholesome fruits and vegetables, beans and whole grains – even of meats, fish and poultry – can't compete with the promotional billions spent by processed food giants that sell products of little or no nutritional value.

Read the whole story

Educator: Helicopter parenting ruining children

By Emma Brown, Washington Post

Julie Lythcott-Haims noticed a disturbing trend during her

decade as a dean of freshmen at Stanford University. Incoming students were brilliant and accomplished and virtually flawless, on paper. But with each year, more of them seemed incapable of taking care of themselves.

At the same time, parents were becoming more and more involved in their children's lives. They talked to their children multiple times a day and swooped in to personally intervene anytime something difficult happened.

From her position at one of the world's most prestigious schools, Lythcott-Haims came to believe that mothers and fathers in affluent communities have been hobbling their children by trying so hard to make sure they succeed, and by working so diligently to protect them from disappointment and failure and hardship.

Read the whole story

Laws force police to put guns back on the street

By Blake Ellis and Melanie Hicken, CNNMoney

Every year, police officers seize tens of thousands of rifles, shotguns, machine guns and other firearms from criminals across the country. While many agencies destroy these weapons, a growing number of police departments are selling them instead.

And it's not always by choice.

Since 2009, at least 11 states have passed laws that either encourage or require police departments to sell seized or

recovered guns – with some banning police from destroying guns altogether, according to an exclusive CNNMoney analysis of state laws.

Behind this trend are powerful special interests like the National Rifle Association, which argues that the fear of these guns getting into the hands of criminals is “absurd” and part of an anti-gun agenda.

Read the whole story

’15 in commanding lead for Earth’s hottest year on record

By Jason Samenow, Washington Post

Planet Earth is on a high temperature record-breaking tear this year, which shows no sign of relenting. 2015 is, by far, on track to become the warmest year in recorded history.

NOAA reports this week the globally-averaged temperature for September 2015 was the warmest of all previous Septembers on record, dating back to 1880, and by an unprecedented margin of 0.19 degrees.

September is the fifth straight month of 2015 to set a record high. Seven of nine months this year have ranked as top warmest.

Read the whole story

Snippets about Lake Tahoe



· Northstar ski resort expects to open Nov. 20.

· Julia Mancuso of Squaw Valley is skipping the 2015-16 Audi FIS Ski World Cup opener this weekend in Soelden, Austria, to continue resting a nagging hip injury.

· The U.S. Grand Prix, the longest running winter action sports tour, returns to Mammoth Mountain Jan. 21-24.

· Diamond Peak resort has a Dec. 10 projected opening date.

· On Oct. 13, the North Tahoe Public Utility District board voted to make the change to at large elections beginning in November 2016.

Mt. Rose expects to open next week

Mount Rose Ski Resort is on pace to be the first Lake Tahoe area ski resort to open for the season.

A countdown clock is on the resort's **website**. Oct. 30 is the

projected first day.

The resort has been able to make snow overnight with the temps in the low 30s. Last weekend’s rains also brought snow to higher elevations throughout the basin.

The one lift that will run is Flying Jenny.

Barton-SLT agree to land coverage deal

South Lake Tahoe is selling coverage to Barton Health for the Robert Maloff Center of Excellence.

The facility will be a two-story health and sports performance center just behind Barton Memorial Hospital near the emergency room, along with a three-story free standing garage. It is expected to open in 2017.

The city has nearly 200,000-square-feet of banked coverage from the Upper Truckee River project. Because this is from sensitive land the Tahoe Regional Planning Agency sees it as more valuable so Barton actually needs to buy less coverage.

The health care agency is spending $500,000 for 80,332 square feet of coverage from the city.

Barton was given a $10 million donation by Lisa Maloff to build the center in her late husband’s name.

The city per FAA regulations must spend the half million at the airport. This could be on renovations at the airport lobby, on a proposed events center east of the tower or wherever the council decides.

– Lake Tahoe News staff report

Comments sought on SLT recreation plan

Comments are being taken on the draft initial study and mitigated negative declaration and notice for the South Lake Tahoe Recreation Master Plan.

The plan is a coordinated effort between the city and El Dorado County to enhance recreation facilities and services.

Comments will be taken through Nov. 20. The documents are available **online**.

The Planning Commission will be having a public hearing Nov. 12 at 3pm in the City Council Chambers.

Lake Tahoe to host women, men Tour of California professional cyclists in 2016



Tour of California organizers are confident snow will not be an issue in Tahoe like it was in 2011. Photo/Lisa J. Tolda/Copyright

By Kathryn Reed

Expect snow in May 2016 – Amgen's Tour of California bike race is coming back to Lake Tahoe.

The men and women will be riding on the same day – May 19. The women's stage 1 will start and finish at Heavenly Mountain Resort, and the men will complete stage 5 at the California Lodge after leaving from Lodi.

"The iconic landscape of the lake and everything else around it add a lot of beauty and glamour around the race. It shows off our state in the best light," Michael Roth, with AEG, told *Lake Tahoe News*. "The biggest challenge is to continue to challenge the riders with a tougher course and I think they all appreciate that."

AEG produces the multiday event that is now in its 11th year.



Tahoe-only views like cyclists coming through Cave Rock and the challenges of the route keep the area popular with riders and race promoters. Photo Copyright 2015 Carolyn E. Wright

Sir Bradley Wiggins of Britain is the only confirmed cyclist. He won the race in 2014, which he did while being the reigning Olympic champion.

“He will be getting ready for his fourth Olympics in 2016. His road to the Olympics will come through California,” Roth said.

Other athletes who will be competing will be announced after the first of the year.

With the men's race starting in Southern California a week later than previous years, organizers have their fingers crossed this will help when it comes to weather. This is the second year for a south to north route.

"A lot of times we get the question 'Are the men ever coming back?' A lot has to do with geography. When the start is in Sacramento or Santa Rosa it doesn't make a lot of sense to come east," Carol Chaplin, executive director of the Lake Tahoe Visitors Authority, told *Lake Tahoe News*.

Snow has been an issue each of the two times the race has come to Tahoe. **In 2011**, the men were to start near Stateline and finish at Northstar, with the second stage leaving from Squaw Valley. The two Tahoe area starts were aborted because snow was falling.

This past May it was touch-and-go as the women were getting loosened up for the start from the Cal Lodge at Heavenly. Mother Nature finally cooperated with skies becoming blue and the temperatures rising enough to give the green light. **This year the women** had two days of racing on the South Shore.

2015 proved Tahoe isn't the only place where it snows in May. The men's and women's time trials had to be moved from Big Bear Lake because of the white stuff.

The threat of snow clearly isn't keeping organizers away from Tahoe.

The men will ride about 800 miles between 12 host cities from May 15-22. They start in San Diego and end in Sacramento.

The women compete May 19-22, covering about 200 miles. The race will be the first U.S. event on the inaugural UCI Women's WorldTour.

New this year is the men and women will be riding from the same start locations, but not on identical courses so they are not actually competing against each other.



As in 2015, the women in 2016 will start from Heavenly Mountain Resort's Cal Lodge. Photo Copyright 2015 Carolyn E. Wright

The exact routes will not be released until later this year. However, with North Lake Tahoe Resort Association being a partner with the Lake Tahoe Visitors Authority in promoting the Tahoe aspect of the race, it is obvious the cyclists will be hitting the North Shore.

This year the women did the 72 miles around the lake and then finished with the steep climb up Keller Road in South Lake Tahoe. Another loop around the lake is being planned for 2016.

For the men, coming from the Central Valley the scenic route would be to come up Highway 88 over Carson and Luther passes. This keeps Highway 50 over Echo Summit, the main route for vehicles into the South Shore, open without delays.

Most likely the women will start and finish before the men arrive.

The next day – May 20 – is the time trials for the women and men. The riders and the 1,000-person entourage for the tour will drive to Folsom from South Lake Tahoe.

“It’s a great challenge for us to come up with the courses every year. We find new areas and locations to feature,” Roth said. “Part of the thing that makes this race so popular is that we continue to expose the race to new communities and we continue to bring it back to the communities that have supported it the most.”

One thing that makes an event like this different than other professional sports is the ability to meet the athletes before and after they ride, as well as participate on the same terrain they are on. Many of the riders hang out afterward at what becomes a party at the finish.

The lifestyle festival will be in the parking lot of the Cal Lodge. It is expected to be larger next year because South Lake Tahoe is hosting the two competitions, plus the men’s sponsors will be in town with booths. There will be VIP tents, which anyone can pay for that experience.

For those who aren’t in one of the host cities, the event is televised. ASO is AEG’s broadcast partner. This is the same company that for years has produced the Tour de France. The Tour of California is televised internationally, with more than 200 network affiliates part of the coverage.

“We do it primarily because it helps send the message that we are a great place for both elite athletes and recreational riders to come and enjoy spectacular scenery and really good riding,” Chaplin said. “We are also hopeful that it drives incremental overnight stays and there is an economic impact through the event.”

Tahoe remains above historic low level

By Paul Nelson, KTVN-TV

The water level at Lake Tahoe has slowly dropped, after four years of below-average winters. The lake's elevation is 1.13 feet below its natural rim of 6,223 feet above sea level.

"The Truckee River stopped flowing towards Reno about a year ago," Madonna Dunbar, Tahoe Water Supplier Association Executive Director said. "So, we've had some nice rain over the last couple of days. It might have brought it up a little bit but we are waiting for a big, wet winter."

The low lake level has changed the landscape along the shoreline, in some areas, including new plant growth like wildflowers and grasses.

An average of 3.8 feet of water evaporates from Lake Tahoe, every year. October is typically has some of the highest evaporation in comparison to the water that drains into the lake. This month has been better than most Octobers, so far. While this has been an historic drought, the water level is still 1.6 feet higher than it's all-time low in 1992.

Read the whole story