

Health lecture focuses on food issues

Healthy Foods: Tips from our Ancestors is the subject of a March 4 lecture.

Registered dietitian Lynn Norton will discuss how people lived years ago and what they ate, food intolerance and preventable diseases.

The free talk begins at 6pm.

It will be at Lake Tahoe Community College in the board room.

Recreational pot: \$53 mil. tax boon to Colo.

By CNNMoney

It's been a year since Colorado became the first state in the nation to allow people to sell and buy pot legally in January 2014.

And the state took in \$53 million in tax revenue as a result.

Colorado made pot legal for everyone, not just medical patients, but it also slapped a 28% tax rate on sales.

While \$53 million isn't anything to sniff at, it's not as much of a windfall as everyone was hoping for.

Read the whole story

Tahoe Tails – Adoptable Pets in South Lake Tahoe



Castor

Castor and Pollux are Pug mix brothers, 4 years old, who are very happy and playful. They need a little more exercise and maybe less food than they've gotten in the past, but they have great Pug personalities and will make great pets. Bonus – they appear to be house trained.

Castor and Pollux are neutered, microchipped, tested for heart worm, and vaccinated. They are 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

Doctor: Sleep apnea needs more attention

By Kathryn Reed

Not getting a good night's sleep is the least serious complication of sleep apnea.

Sleep apnea, a sleep disorder, is an often-overlooked condition that can contribute to more serious medical problems.

And for those living in Lake Tahoe or other high elevation communities, the threat is even greater. This is because there is two-thirds the amount of air in the basin compared to the Bay Area. The difference is the change in atmospheric pressure.

At higher elevations people tend to breath deeper and faster because they need air, but then they exhale carbon dioxide. But bodies need CO₂. Without CO₂ people can stop breathing, then they start hyperventilating. It becomes a vicious cycle.



Dr. David Young talks about sleep apnea. Photo/LTN

David Young with Barton Cardiology gave a lecture last week to

about 80 people at Lake Tahoe Community about the dangers of sleep apnea.

"No one really knows a whole lot about sleep apnea. A lot more research is needed," Young said. "I believe it is an under-diagnosed disorder, especially in Tahoe. Treatment can make huge changes in people's lives."

The best treatment today is a continuous positive airway pressure mask. The problem is people need to wear it every night about 50 percent stop doing so.

While snoring is the most common symptom of sleep apnea, not all snorers have sleep apnea.

Other symptoms include memory loss because of not having enough CO₂ through the night, urinating at night, sexual dysfunction, depression and difficulty concentrating.

People are more apt to suffer from sleep apnea as they age, if they are male and are obese. Heavy drinkers and those who use opiates are also prone to sleep apnea.

The diagnosis, though, isn't easy.

"It's almost borderline torture," Young said of diagnosing sleep apnea. Multiple electrodes are strapped to a patient.

Barton has a sleep lab where a more complete diagnosis can be established.

At Barton Memorial Hospital everyone who is going to have surgery will be screened for sleep apnea. This is because anesthesia and painkillers after the surgery can inflame sleep apnea.

Young would like to see Barton hire a sleep specialist. He said a pulmonologist might be hired soon who would be able to help with sleep apnea.

Editorial: Voter ID laws are a solution in search of a problem

Publisher's note: *This editorial is from the Feb. 15, 2015, Las Vegas Sun.*

As the state's top election official, Barbara Cegavske, Nevada's newly elected secretary of state, supports a proposal that would require voters to show identification at the polls. Republicans in the Legislature also support the plan.

At first glance, it sounds smart. People should show some sort of proof of who they are before they vote, shouldn't they?

But ask a few questions about the proposed voter ID law, and you'll see another side of the issue.

What problem does this fix?

That is a question proponents of voter ID laws have a difficult time answering.

Read the whole story

Olympic wagering recommended

for approval

By Mason Levinson, Bloomberg

The Nevada Gaming Control Board recommended that the state's gaming commission legalize gambling on the Olympics when it meets this month.

The proposal, brought by a group of Nevada casinos, was discussed Feb. 11 at a meeting in Carson City and was referred to the Nevada Gaming Commission.

Wagering would be legal in Nevada for "Olympic sporting or athletic events sanctioned by the International Olympic Committee, subject to limitation by the chairman or the chairman's designee in his sole and absolute discretion," under the language recommended to the commission, Marie Bell, the board's executive secretary, said in an e-mail.

The commission, which will meet Feb. 26, has the right to choose different language, such as allowing only gambling on events that don't involve judges.

Read the whole story

Drought prompts early fish stocking in Nev.

By Associated Press

The drought is prompting early fish stocking again in the Truckee River in Northern Nevada.

Nevada Department of Wildlife spokesman Chris Healy says the first of 35,000 rainbow trout will be released on Wednesday, about a month earlier than usual for the second straight year because of another dry winter.

He says the Truckee must have a decent flow before it can be stocked with trout, and the early fish release will occur due to low flows expected later this year.

Last year's stocking of fish was the earliest since 1994.

The wildlife department usually stocks the Truckee with about 70,000 trout, but only about half of that is scheduled to be stocked this spring because of low flows expected by early summer.

The Truckee flows over 100 miles from Lake Tahoe to Pyramid Lake in the Nevada high desert.

Updated 'bible' explores Eastern Sierra skiing

By Benjamin Spillman, Reno Gazette-Journal

Exploring the Eastern Sierra backcountry can be a spiritual experience – especially in winter. So it makes sense it would have its own bible.

That's what skier Nate Greenberg and snowboarder Dan Mingori wanted to create with the book "Backcountry Skiing California's Eastern Sierra," a compilation of more than 200 snow descents from Mount Whitney to Matterhorn Peak.

The second edition of the book, published by Wolverine

Publishing late last year, is another layer in the budding archive of information on the region Greenberg and Mingori trace back to the 1992 book “Backcountry Skiing in the High Sierra” by John Moynier.

“That was our go-to bible for quite a long time,” said Greenberg. “I wanted to produce something that was as much sort of a bible or reference point that inspired everybody else as it did me.”

Read the whole story

N. Nevada land bill couples development, scenic wilderness

By Steve Tetreault, Las Vegas Review Journal

WASHINGTON — A Nevada bill submitted to Congress on Thursday would realign federal lands in Douglas County, opening some for development while creating a 12,330-acre scenic wilderness.

The measure would designate the Burbank Canyons Wilderness in the Pine Nut Mountains northwest of Wellington. The area of three deep scenic canyons is prized by conservationists for an abundance of sagebrush, pinyon pine and juniper.

Sixty-seven acres would be given to the state of Nevada to add to Lake Tahoe Nevada State Park, while 1,000 acres would be put into trust for the Washoe Tribe of California and Nevada.

Read the whole story

TRPA goes after AIS money from Nevada

The Tahoe Regional Planning Agency wants Nevada to spend \$75,000 in the next two years to protect Lake Tahoe from invasive aquatic species.

TRPA Executive Director Joanne Marchetta on Feb. 13 told lawmakers that the program costs \$1.5 million, with the feds and California helping to pay for the program. Fees from boaters account for half of the budget.

The program fights to keep species like the quagga and zebra mussels from the lake through education and decontamination programs.

The funding is in Gov. Brian Sandoval's budget.

– Lake Tahoe News staff report