

Tahoe Tails – Adoptable Pets in South Lake Tahoe



Jeanie

Jeanie is a 6- or 7-year-old tabby short hair cat. She loves people, but would like to be an only cat in her new home. Jeanie loves to be petted and is very friendly.

Jeanie is spayed, microchipped, tested for FIV, and vaccinated. She is at the El Dorado County Animal Services shelter in Meyers, along with 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

‘Thoroughly Modern Millie’ coming to STHS

South Tahoe High School students this month will be performing the 1920’s musical “Thoroughly Modern Millie.”

It is based on the 1967 Academy Award-winning film. The show goes back to the height of the jazz age in New York City, when “moderns,” including a flapper named Millie Dillmount, were bobbing their hair, raising their hemlines, entering the workforce and rewriting the rules of love.

Performances will be Jan. 19, 20, 26 and 27 at 7pm, and Jan. 21, 28 at 2pm. All are in the theater at the high school.

Adults are \$15, students \$10.

Lake Tahoe Airport on path to being self-sufficient

By Kathryn Reed

Like most things in the basin, even Lake Tahoe Airport is seasonal. Sixty-eight percent of the landings are between May and October.

This was just one of the many statistics that was part of a workshop last month conducted by airport manager Mark Gibbs for the South Lake Tahoe City Council.

On the conservative side, the airport is bringing about 50,000 people to the area annually. The annual impact on the economy is more than \$1.27 million.

In 2015, there were 23,595 aircraft operations.

Gibbs' goal is to decrease the airport's impact on the city's General Fund, which today is a little more than a quarter million dollars each year. He told the council his focus is on economic vitality.

"We need to recognize and promote that fact," Gibbs said.

One way to do that is through events and leasing of airport facilities.

In 2017, the Marines were in town for 10 days. Beyond using the airport – refueling being a biggie – it meant 35 hotel rooms, dining and rental cars for the flyboys.

This year there will be a weeklong gay pilots fly-in event that is expected to attract more than 100 people.

Solar generation may be brought to the airport. This would save the city thousands of dollars each year in electric bills.

The airport has 11 tenants who pay rent. Hertz is going to resume a limited car rental business at the airport.

Individuals who rent hangars account for 36 percent of the airport's revenues. Building more is possible.

Gibbs would also like to develop an aviation repair and maintenance facility.

A potential income source is developing the land the city owns around the airport. This would be a long-term revenue stream. While a music venue was talked about going there, the limited acreage silenced that idea.

“The whole South Shore has a storage shortage,” Gibbs said. It’s not that he wants the city to get into the storage business, but it would be possible to lease the land to someone who wants it for that purpose. This could be for boats/RVs or household items.

Gibbs shared that the Minden airport’s largest revenue source is storage rental.

While the airport is able to rely on the Federal Aviation Administration to pay for the bulk of runway paving, the feds don’t pay a dime when it comes to vegetation management even when safety is the overriding reason to do anything. And this is going to be a big issue for the airport in the coming years.

Trees are a safety issue for planes landing and taking off. Gibbs would like to create an annual airport timber harvest plan. The annual tree harvest ended in the 1990s because of the Tahoe Regional Planning Agency and League to Save Lake Tahoe’s lawsuit against the airport.

While the airport has seen many changes through the years, it isn’t going to close. As Gibbs pointed out, the feds have listed it as one of the 100 most important airports in the country. It’s a resource for military training, firefighting and is a life line to the outside world if roads into the basin were to be inaccessible.

“This airport is very important to the economy and to the nation,” Gibbs said.

Opinion: Why is obesity getting worse?

By Kenneth Cusi, The Conversation

Gyms across the country will be packed in the new year with people sticking, however briefly, to their New Year's resolution to lose weight. Most of them do not know that the cards are stacked against them and that weight loss is much more complicated than working out and not eating dessert.

Years into the obesity epidemic, millions of Americans have tried to lose weight, and millions of them have failed to do so long term.

It's so serious now that close to 40 percent of Americans are obese. The average woman in the United States today weighs about 168 pounds, or roughly the same as an average man in 1960.

Not that that guys' waists haven't ballooned, too. Men have gained on average nearly 30 pounds since John F. Kennedy's inauguration in 1961.

From 1976 to 1980, just under 1 in 7 American adults, or 15.1 percent, were obese.

Now, despite people's concerted efforts, obesity is at its highest level ever, with about 40 percent of U.S. adults and 18.5 percent of children, considered obese. This is itself an increase of about 30 percent, just since 2000 when roughly 30 percent of American adults were obese.

The U.S., and increasingly the world, is in the grip of a real epidemic – the seriousness of which is lost in our obsession with diets. One study estimated an additional 65 million obese Americans by 2030, and increased medical costs between \$48

billion to \$66 billion a year.

As an endocrinologist, I study obesity and treat people with obesity every day. Here are some things I see, and some things I see that could begin to address the problem.

Costs across the board

Obesity, defined as a body mass index of at least 30, is about far more than vanity. It impairs quality of life and exacerbates health risks involving many medical conditions in children and adults. Obese people incur more medical costs, live shorter lives and miss more work than their thinner counterparts.

The health risks include gallbladder disease, osteoarthritis, gout, sleep apnea, polycystic ovarian syndrome, cardiovascular disease and a broad spectrum of cancers, such as pancreatic, liver, breast and kidney cancers.

Obesity also leads to metabolic conditions such as hypertension, Type 2 diabetes and nonalcoholic fatty liver disease, which has long been overlooked as a life-threatening consequence of poor eating habits. This disease was rare until 1980.

The medical costs associated with obesity are enormous – and growing. One study estimated the annual medical care costs of obesity in the United States in 2008 dollars at \$209.7 billion. To put that in perspective, consider that that's almost half the amount of the estimated federal deficit for fiscal year 2018. About 1 in 5 health care dollars are spent to treat obesity-related illness.

The costs are also high to individuals. Compared with normal-weight individuals, obese patients spend 46 percent more on inpatient costs, 27 percent more on outpatient care and 80 percent more on prescription drugs.

A sickness of American society?

Obesity's roots are in American culture, from the stress of the workplace to the onslaught of food advertising, to our tradition of holiday overindulgence. The taste buds of our youth are raised on junk food and sugary treats, habits that follow children into adulthood.

American society is structured around productivity and long work hours. This leads to unbalanced lives, unhealthy lifestyles and unhappy people. Stress and lack of sleep can contribute to obesity.

For many families struggling between paychecks, the foods that make the most financial sense are the processed, packaged, fatty choices serving up the most calories.

Meal portions at restaurants have sharply increased in recent decades as well. The percentage of our food budget spent on out-of-home dining climbed to 46 percent in 2006, up 20 percent since 1970. The temptation of unhealthy food greets us on every street corner, in our breakrooms and at our favorite supermarkets. We Americans are eating too much yet we can't seem to reverse it. Why?

Some blame the epidemic on the advent of the microwave and the growth of fast food options since the 1970s. Also, our food choices have changed, with food industries mass market fattening foods to children.

Americans are more sedentary than we were decades ago. Our lives are tied to computer screens, big and small, in both our jobs and our homes. Our children are now raised on hand-held devices that serve as surrogate playmates in a world where "playing ball" is more likely to be done via internet connection than the actual playing field.

Blaming the victim?

Many of us invoke “willpower” in our fight against fat, blaming and shaming ourselves and others for not losing weight. While many people have lost weight in the short term, they struggle to break the cycle of food addiction and unhealthy food choices. Yet scientists have learned that this is not about a shortage of willpower but about an abundance of physiological factors that make the body hold onto fat.

Patients standing alone with just their willpower and the latest diet to guide them invariably face great difficulty against a complex disease like obesity. Going it alone may be a barrier to appropriate treatment options, such as behavioral modification counseling, anti-obesity drugs and bariatric surgery.

Weight regain is common, as structured diets are hard to follow over the long haul. The body resists long-term calorie restriction by sending signals to our brains that trigger a craving for food, making diets prone to failure.

Because of the frustration of failure, many people are simply giving up on slimming down, making obesity an accepted social norm. One study has shown a declining percentage of men and women trying to lose weight since 1988, perhaps due to a lack of motivation after failed efforts.

Fixes

Even so, we’re making some progress battling this epidemic. Studies show obesity appears to be plateauing in Caucasians, though not in ethnic minorities. But the numbers are already so high, “plateauing” seems more euphemistic than hopeful.

Scientific research has shown that the fixes are not about dieting, however. The solutions are complex and will take time and resources. Patients need more support than they are receiving.

Clearly, our country needs a greater systematic effort in the

realms of public health, the government and industry. For starters, our political leaders should make combating obesity a top priority. Our nation faces many challenges, and the obesity epidemic has fallen to the bottom of a long list of health care problems.

Schools could play a role. Students should receive additional education in schools on good eating habits and how to control stress.

As someone who sees this devastating illness every day, I believe that health care insurers need to be more willing to pay upfront to manage obesity before it becomes a much more expensive disease to treat. Given the structure of health insurance now, physicians simply cannot spend the time needed with patients to properly communicate and educate.

Studies have shown that many insurers exclude treatments for obesity.

Each of us needs to become an advocate for a healthier way of life. Adults can start by teaching our youngsters about good dietary habits, by insisting on a better balance in the workplace, and by demanding more accountability from the food and health industries, and our government. Doing that will help ensure a brighter and healthier future for our children.

Kenneth Cusi is a professor of endocrinology at the University of Florida.

About 90% in U.S. don't eat

enough fruits, vegetables

By Jamie Ducharme, Time

The vast majority of Americans are not eating enough fruits and vegetables, according to a report from the CDC.

The most recent edition of the Dietary Guidelines for Americans recommends that adults consume 1.5 to two cups of fruit per day, and two to three cups of vegetables per day. According to the CDC's data, however, just 12.2 percent of American adults are meeting the standard for fruit, and 9.3 percent are meeting the standard for vegetables. On average, the report adds, Americans are eating fruit once per day and vegetables 1.7 times per day.

The numbers vary slightly state by state, but even the leading regions fall far short of the guidelines. People in Washington, D.C., eat the most fruit, with 15.5 percent of adults meeting the guidelines, and Alaska leads vegetable consumption with 12 percent compliance.

Read the whole story

Could medical marijuana be at risk following crackdown by Sessions?

By Andrew Selisky, AP

When U.S. Attorney General Jeff Sessions green-lighted federal prosecutions of marijuana lawbreakers, the vast majority of

U.S. states that allow some form of medical marijuana were unexpectedly placed at risk of a crackdown and are warily watching developments.

Forty-six states – including Sessions' home state of Alabama – have legalized some form of medical marijuana in recent years, according to the National Conference of State Legislatures. Eight of those states also allow recreational marijuana.

Among the guidance that Sessions rescinded was the so-called Ogden Memorandum of 2009 that instructed federal prosecutors not to pursue cases against medical marijuana patients and distributors who complied with state laws.

Read the whole story

Stryder Franklin – 1973-2018



David Stryder Franklin

David Stryder Franklin, age 44, passed away in a tragic accident on Jan. 1, 2018, in Costa Mesa, Calif. Funeral services will be at Pacific View Memorial Park and Mortuary located at 3500 Pacific View Drive in Corona del Mar, on Jan. 12, 2018 at 2pm.

Stryder was born in Hollywood on March 25, 1973, and grew up in Orange County. He moved to South Lake Tahoe with his family at age 9.

Stryder attended Whittell High School in Zephyr Cove and graduated in 1992. Stryder served in the Navy from 1993 to 1996 as a third class petty officer of the Helicopter Combat Support Squadron Five. Stryder graduated from Platt College with a degree in information technology networking in 2001.

Stryder was married to Tracy Sheldon Franklin from July 5, 2002 until November 2017.

Stryder worked as the maintenance supervisor at Tahoe Beach & Ski Club for many years and at Tahoe Seasons Resort.

Stryder had a gift of being able to fix anything – whether it was construction, vehicles or mechanical; there wasn't anything he couldn't repair. Stryder loved Lake Tahoe whether he was four-wheeling on the Rubicon Trail, water skiing, mountain biking, skiing at Heavenly or hiking with his dogs Baron, Benny and Bronson on local trails. Stryder was loved by many and would do a favor for anyone and will be truly missed forever.

Stryder's best friend was always his younger brother Trevor Green. They had an extra special closeness of being brothers and enjoyed body surfing, working on cars, building a project, going to concerts and enjoying each other's company. You could rarely be around these two without laughing and having an amazing time with them.

Stryder is survived by his former wife, Tracy Sheldon Franklin; daughter Halie Franklin; mom and step-dad Lee and Perry Fetterman; dad Ron Bowman; siblings Trevor Green, Lucas Green, Jennifer Bowman, Barret Bowman, Evan Bowman; grandmother Barbara Franklin; uncles and aunts Steve and Cindi Franklin, Kevin and Christine Franklin, and Jim and Penny Popov.

Rain, snow in the forecast at lake level



A driver had to be extricated Jan. 7 after sliding off Pioneer Trail in South Lake Tahoe. Photo/SLTFD

The National Weather Service in Reno has issued a winter storm watch for the greater Lake Tahoe area from 7pm Jan. 8 to 4pm Jan. 9.

Predictions are for snow accumulation of 12-18 inches above 7,500 feet, 2 feet along the Sierra crest. At lake level a couple inches are possible.

Rain is expected to start Sunday and be coming down the better part of Monday. By Thursday it should be mostly sunny.

Roads will be icy as the temps drop after the rain. There are already slick spots out there.

South Lake Tahoe firefighters on Sunday morning had to

extricate a driver on Pioneer Trail. The driver was in stable conditions when transported to the hospital. The cause of the accident is under investigation.

– *Lake Tahoe News staff report*

Actors needed for South Shore play

Lake Tahoe Golf Course will be partnering with Rotary of South Lake Tahoe to present the comedy “Divorce Southern Style” by Jennifer Jarrett.

It is considered a fast-paced, funny farce. It centers on the schemes of a middle-aged divorcee who decides that the time is ripe to get back together with her ex-husband.

Auditions for male and female roles aged approximately 22-50 will be Jan. 17 at 6:30pm at the Lake Tahoe Golf Course in Meyers.

Performances will be March 23, 24, 30, 31, April 6, 7.

For audition materials, contact Dave Hamilton at hamiltonda@att.net.

Fundraiser for STHS grad hurt

in car accident

Escobar Training Grounds, where Chris Cocores honed his mixed martial arts skills, is having a fundraiser Jan. 13 for the former South Lake Tahoe resident.

Cocores broke his back, arm and has internal injuries after being in a **vehicle accident last month** that killed his girlfriend and dog.

Proceeds/donations from mixed martial arts and self-defense classes next Saturday will go toward Cocores' medical care. MMA guru Gilbert Melendez will be joined by friends from 11am-1pm at Escobar.

For details, 530.544.9010.