Ways to make healthy eating less of a chore

By Jessica Keys

The conversations and attitudes we have with children about food can be linked to their eating habits. Use these new sayings developed by childhood obesity researchers to help guide children in a healthier direction during the holidays and beyond:

Old: *Clean your plate.*

New: *Eat when you're hungry, stop when you're full.*



Jessica Keys

Forcing children to clean their plates can teach them to pair healthy dishes with anger and frustration. This frustration can evolve into guilt later in life when food is left on the plate and encourage overeating. Our bodies come equipped with natural systems to regulate food intake: hunger and fullness. Instead of overriding these innate signals with pressure to clean the plate, encourage kids to listen to their bodies and stop eating when they're satisfied.

Old: *Closely monitor each morsel.*

New: *Offer more healthful options.*

Instead of focusing on what not to eat, give your kids ample

opportunities to make good choices. Research shows the more fruits and vegetables you offer, the more kids will consume them. New options can take time; children might need to try a new food 15 times before accepting or learning to love it.

Old: *Ban kids from the kitchen.*

New: *Involve everyone in healthy meals.*

Preparing meals as a family can be fun, and kids will feel invested in healthy choices. As you dream up new ways to cook veggies, talk about how delicious they taste and how strong and smart their nutrients can make you. Encourage your children to get creative! If they help make the meal, they're more likely to eat it.

Old: *Skip dessert.*

New: *Balance "sometimes" foods with healthier choices.*

Calling concentrated sweets like cupcakes and cookies "sometimes" foods can help you keep them in their proper place. When your kids face choices at events, especially during the holidays, teach them to balance their plates with these "sometimes" foods as well as several nutritious options. Try baked apples or other fruit options for after dinner nutrition and satisfaction.

Old: *Nag kids about their weight.*

New: *Model healthy, positive habits.*

Set an example by eating more fruits and veggies yourself. A recent study by Australian researchers found this has a powerful influence on children's eating habits. Model other healthy lifestyle habits, too: Stay active, get adequate sleep, and maintain a positive relationship with food and your body.

Jessica Keys is a registered dietitian at Barton Health.

Study: Cheaper to rent than own in El Dorado, Placer

By Benjy Egel, Sacramento Bee

Median home ownership and rental prices are further apart in the Sacramento metropolitan area than nearly any of the most populous U.S. regions, according to an Urban Institute report released this week.

Monthly mortgage payments in Sacramento, El Dorado, Placer and Yolo counties will eat up 32.9 percent of a median family income after a 3.5 percent down payment, the report found, while renting a three-bedroom house in those counties means giving up 26.4 percent of one’s paycheck.

Read the whole story

Troubling maintenance yard in SLT to be relocated



The Tahoe Keys' corporation yard will be relocated by May 2023. Photo/LTN

By Kathryn Reed

Five acres of land bordering the Upper Truckee River near the mouth of Lake Tahoe are a reminder of how the environment wasn't always a priority. A maintenance yard next to a river. That wouldn't happen today.

Daily, trucks drive into the yard – which isn't paved. Old dumpsters are rusting. Debris clutters the landscape.

This is the Tahoe Keys Property Owners Association's corporation yard.

After more than 20 years of wrangling, TKPOA and California Tahoe Conservancy have reached an agreement to relocate the yard, which means this swath of land in South Lake Tahoe will eventually be restored.

The Conservancy owns the land, but was essentially stuck with TKPOA as the tenant because of a 99-year deal it had with the previous owner – Dillingham Development Corp. – the builder of the subdivision. That agreement wasn't going to expire until

2075.

CTC acquired the land through several lawsuits involving Dillingham, which had wanted to build 26 units on the marsh. The Tahoe Regional Planning Agency, Sierra Club and state of California were all involved. This was in the 1980s and 1990s.

The new deal will allow the yard to stay as is until April 30, 2023. The new yard will be built on 1 acre of land on the side of Venice Drive away from the river that the Conservancy owns. Boats used to be stored there, but now it's vacant. TKPOA will take title to that land.

The TKPOA board in October voted to approve the new agreement, with the homeowners weighing in last month. Of the 1,529 property owners, 633 voted. Of those, 519 said yes.

"We're designing a new site," Kirk Wooldridge, TKPOA general manager, told the CTC board on Dec. 7. He said the organization has been setting aside money for this.

Aimee Rutledge with CTC explained to the board that the disturbed land will be absorbed into the 600-acre **Upper Truckee Marsh restoration project**. The goal is to restore it to wetlands – what it was a half century ago.

"There is a lot of potentially hazardous use that is inconsistent with the marsh," Rutledge said of the corporation yard.

One of the contingencies in the deal is that TKPOA will grant access to the site via Colorado Circle for the CTC use the land as a staging area for the marsh restoration. Currently, this is a highly popular route to get to the river for people who live in the neighborhood. The well-worn trail is used by walkers, dogs and those who enjoy the rope swing in warmer weather. But all of that was going to change anyway with the restoration project.

The restoration project is slated to begin in 2019.

Opinion: Placerville keeps breaking the law

By Larry Weitzman

The issue at hand is whether the city of Placerville can legally contract with a private contractor to issue parking tickets. The law has been clear since April 23, 2002, that it cannot do so, yet Placerville has continually contracted with a private company to handle this service. By flaunting the law – once again – the city is subjecting itself to being ordered by a court to refund all parking ticket fines back to the parking offenders.



Larry Weitzman

Placerville City Manager Cleve Morris's attempt at legal reasoning to explain why the city has not complied with the law has only dug Placerville a deeper hole as he tried to claim that the issuing of parking tickets is a "special service" allowed under a California Government Code Section 37103. He also made the argument that it was the result of a loss of an employee and alluding to the idea no one could be found to do the job (for the past 15 years).

How ludicrous and facetious. And what he stated as an excuse and his claim that the law allows the use of private contractors for the issuance of parking tickets because it requires “special” knowledge and training will come back to haunt him, just like what is told to every criminal defendant on his arrest, “anything you say can and will be used against you.”

Morris also made the mistake of claiming the attorney general’s April 23, 2002, opinion only related to violations of the California Vehicle Code and tried to distinguish the opinion by claiming these are parking tickets which are merely a violation of a city ordinance. Such illogical thinking only makes the hole Morris is digging deeper. One must conclude that Placerville’s city attorney had a hand in this response published in the *Mountain Democrat* on Dec. 4. If that is true, perhaps Placerville could use a new city attorney.

First, as to this not being a Vehicle Code violation is simply adding to the ridiculousness of his arguments which is a charitable use of the word “argument.” It is California Vehicle Code Section 40202 that specifically governs the issuance of all parking citations and Section 40200.5 that allows specifically for the use of private contractors for the processing and collection of parking tickets and all California statutory law is superior and governs over city ordinances. All power of a general law city emanates from that statutory law. There is no statutory authority for private contractors issuing parking tickets.

As to the availability of California Government Code Sections 37103 and 53060 as allowing for the use of private contractors for special services, they were enacted for services usually not in the employ of cities like scientists, architects, engineers and such. What Mr. Morris didn’t tell you is that the last sentence of the section says, “It may pay such compensation to these experts as it deems proper.” The legislative intent clearly didn’t mean people who issue

parking tickets.

Furthermore, the latter section, 53060, again talks of "special services" where it stated specifically in paragraph two of the three paragraph section: "The authority herein given to contract shall include the right of the legislative body of the corporation (Placerville City Council) or district to contract for the issuance and preparation of payroll checks."

There is case law defining what "special services" are allowed to be contracted for and in the case of Darley v. Ward, the Court of Appeal stated, "Whether services are special requires a consideration of facts such as the nature of the services, the qualifications of the person furnishing them and their availability from public sources." The court held that management services provided at two county hospitals was a "special service" because it required expertise not possessed by county employees. In general, "special services" include financial, economic, accounting, engineering, legal, administrative, medical, therapeutic, architectural services, airport or building security, and laundry services. In addition to the ability to enter into contracts for "special services," there are several specific statutes that grant public entities the right to contract out for particular services. For example, a general law city may contract for financial, economic, accounting, engineering, legal, or administrative matters; collection or disposal of garbage; a ferry system; personnel selection and administration services; construction or maintenance of airports; and ambulance services. General law counties may contract out health care services; in-home supportive services; rescue and resuscitator services with the state; optometric services; joint operation of jails with other counties; and collection, disposal, or destruction of garbage and waste."

Quoted from the CPER Journal Online, "Why we can't contract out half our workforce," By Irma Rodriguez Moisa, Nate

Kowalski, and Lisa M. Carrillo.

The law is clear: the statutory law has provided for general law cities the right to contract out certain specialized and other functions as delineated above, and the issuance of parking tickets is not one of them. In another legal treatise written after the Costa Mesa City Employees Association v. City of Costa Mesa decision which said the court of appeal found that as a rule, California statutes prohibit a general law city from contracting with private entities to provide nonspecial services, the law firm of Kronick, Moskowitz, Tiedemann & Girard said, “As a general law city, city is bound by the state’s general laws. The court concluded that Government Code 37103 and 53060 limit a city’s right to contract with private entities. As these statutes have been interpreted over the years, they generally prohibit a city from contracting with a private entity for the provision of nonspecial services.”

The attorney general opinion of April 23, 2002, No. 01-1103 was correct as the latter case law indicates. The analysis of the attorney general as to the issuance of parking tickets not being a special service and not coming under the exceptions of the general law as provided by special and limited situations as defined by Government Code Sections 37103 and 53060 is absolutely correct. The case law and legal opinions are clear. Claiming that the issuance of parking tickets is specialized and should be included in the legislative intent and allowed under 37103 and 53060 is laughable. Most larger cities have employees do this job and the rate of pay does not indicate the job is highly skilled, requires a sophisticated education, higher math or what not. Any 8-year-old that can use an iPhone could do it. Mr. Morris’s claim they could not find anyone to do it just means they offered too little money to prospective employees.

As to Placerville’s current annual contract cost of about $97,000 being less than their estimate of having their own

employee(s) is irrelevant. It is illegal for them to contract the service out to a private company by law. And by the way, for the last five years, the contract cost was approximately $144,000 a year, which is the information gleaned from the city budget. They are not saving money, they are breaking the law and no excuse will suffice. Certainly not since April 23, 2002. It just makes the city look worse by ignoring the law.

Larry Weitzman is a resident of Rescue.

CTC board happy with leader's improvements



Patrick Wright

While there was no action taken in closed session Thursday by the California Tahoe Conservancy board, it was a better experience for Patrick Wright compared to **June**.

Wright, the executive director of the state agency based in South Lake Tahoe, this summer was told by his board he better get his act together. Apparently he has done so.

Improved communication by Wright with the board, staff and stakeholders was acknowledged Dec. 7.

While his salary was to be discussed in open session, that

didn’t happen. The item was pulled because there is suddenly a question as to who should be giving him a raise – state officials or the CTC board. That issue has not been resolved.

– Lake Tahoe News staff report

Drug lab shut down on West Slope, 1 arrest



Joshua Martin

El Dorado County sheriff’s detectives on Dec. 6 discovered a large scale, commercial style butane extraction lab in Camino.

They were following up on a narcotics investigation in the 5000 block of Monte Vista Way.

Via a search warrant they seized numerous items used in the commercial manufacturing of concentrated cannabis, including multiple commercial vacuum ovens, a closed loop butane oil extraction system, multiple 5 gallon cylinders of butane, and a commercial decanter system.

Also confiscated: $14,000 in cash, almost $10,000 in silver, approximately 300 pounds of marijuana and four firearms.

El Dorado County hazmat was called to assist for the potential

of explosive solvent chemicals being used in the manufacturing process.

Joshua Martin, 43, of Camino was arrested on charges of manufacturing a controlled substance and conspiracy.

– Lake Tahoe News staff report

Vail Resorts making Whistler its priority

The big news Thursday from Vail Resorts wasn't its quarterly earnings report, but instead the hefty investment coming to Whistler Blackcomb.

This is the second season the Broomfield, Colo.-based company has owned the Canadian resort. The $52 million cash infusion for next year will include a 10-passenger gondola, a new six-pack lift and a high-speed quad. The goal is to improve lift capacity by 43 percent.

In October, *Bloomberg* reported, "In the next seven years, Vail will invest $276 million in capital improvements at Whistler, on and off the mountain."

The ski resort behemoth that owns Heavenly, Kirkwood and Northstar in California is planning a companywide capital outlay of $150 million in 2018. Specifics will be released in the spring. It is not known if the Tahoe properties will see any of that money.

As for the earnings, the company on Dec. 7 reported a $28.4 million net loss. A year ago the first quarter loss was $62.2 million. It is normal for Vail Resorts to post a loss in the

first quarter, which ended Oct. 31, because the ski resorts aren't open.

A bright spot is season pass sales as of Dec. 3 are up 14 percent for the number sold and 20 percent higher in revenue compared this time last year.

– Lake Tahoe News staff report

'Open question' on U.S. Olympic participation



Members of the women's U.S. hockey team practice in Park City. Photo/Kathryn Reed

By Jason Blevins, Denver Post

COPPER MOUNTAIN, Colo. – As the best snowboarders and skiers in the world kicked off their quest to reach the South Korea Olympics next year, America's ambassador to the United Nations, Nikki Haley, suggested that the United States' participation in the Winter Olympics is "an open question."

In an interview with Fox News on Wednesday, Haley suggested it was not certain that the U.S. would send athletes to South Korea in February. She cited escalating tensions in the region with North Korea testing increasingly powerful missiles. She rekindled simmering concerns about safety for the athletes in South Korea's PyeongChang, which is 50 miles from the North Korean border.

On Thursday afternoon, however, White House press secretary Sarah Huckabee Sanders said during a briefing that no official decision had been made and then sent an update on Twitter, saying the U.S. "looks forward to participating" in the Winter Olympics.

Read the whole story

EDC looking to revise plan for American River

El Dorado County is accepting comment on its River Management Plan.

The plan focuses on whitewater recreation on the 20.7-mile segment of the South Fork of the American River between the Chili Bar Dam and the confluence of the Folsom Lake State Recreation Area.

The initial plan was adopted in 2001 by the Board of Supervisors. The county says the proposed update is based on the county's understanding of what river management actions have been found to be logical, supportive of safe river use, effective in minimizing conflicts between river users and consistent with the county's environmental protection

commitments.

No changes are proposed regarding carrying capacity, the management actions to address capacity exceedances or the implementation of the quiet zone.

A public hearing for the proposed project is tentatively scheduled for the Board of Supervisors meeting on Feb. 6 in Placerville.

Comments on this **negative declaration** will be accepted through Jan. 5.

Snippets about Lake Tahoe

· Lake Tahoe Resort Hotel in South Lake Tahoe earned top honors from the California Hotel & Lodging Association for its guest relations program.

· Sierra College, Tahoe Truckee Unified School District and Community Collaborative of Tahoe Truckee are asking people to take this adult education and strong workforce development **survey**. The deadline to take it is Dec. 15.

· Sierra Business Council is seeking input for an economic development survey that occurs every five years for Nevada, Placer, El Dorado and Sierra counties. This **survey** will inform economic strategies for these counties. The survey ends Dec. 15.

· In the *USA Today*'s 10Best Readers' Choice Contest Tahoe Donner was voted No. 2 for best cross country ski resort in the U.S. and Canada.

· Black Cabin Coffee is now open on Pioneer Trail in

South Lake Tahoe.