

Adult hockey tournament benefits SLT team

There will be a 3-on-3 adult “pond” hockey tournament at the South Lake Tahoe ice rink on Jan. 7.

This is a benefit to support the Grizzlies youth hockey team.

There will be A, B and C divisions. Cost is \$200 per team. The tournament is from 1-5pm.

Beer and pizza will be provided.

For more info, email rich@tahoearena.com.

Looking at Super Bowl pairings with betting buzz

By Case Keefer, Las Vegas Weekly

Many NFL bettors have gotten the best of sports books this season—the house’s profit margins have declined, along with the overall handle. But gamblers have more work to do to send books into the offseason on a down note.

With the money it commands on an annual basis, the Super Bowl could pull casinos up. Bettors have wagered a record sum on the Super Bowl in three of the past four years, according to the Nevada Gaming Control Board, including the \$132.5 million gambled on 2016’s Super Bowl 50.

With 10 of 12 playoff spots clinched heading into the regular season’s final week, it’s time to start thinking about likely

championship match ups. Odds on potential Super Bowl pairings aren't available locally, but these are the most probable match ups according to offshore sports books.

Read the whole story

K's Kitchen: Carrots and beets for one

By Kathryn Reed

One of the great things about cooking for myself is not having to share. Selfish, yes – but honest.

With this particular dish it makes enough for two sides. I ate all of it for lunch. That's why I was glad no else was around. I just wish I had more for another day.

The butter makes it taste a bit unhealthy. Go easy when adding the salt if you are using salted butter.

It would be a great complement to many proteins.

This is a pretty dish with the red and orange, then specks of green. It's also a fast dish to assemble.



Buttered Beet and Carrot Sauté

2 medium beets

1 large carrot

1 T butter

2 T flat leaf parsley

Kosher salt

Pepper

Wrap beets in parchment paper and microwave for about 10 minutes until tender. Let stand for 5 minutes and then peel skin off.

Melt butter over medium in skillet. Add ribbons of carrot. Cook until tender; add parsley, salt and pepper. Then stir in chopped beets. Serve warm.

Tahoe Tails – Adoptable Pets

in South Lake Tahoe



Nellie

Nellie is a 10-month-old Jack Russell terrier/Queensland Heeler mix who weighs about 25 pounds. As is typical of these breeds, she is very energetic and smart and will do best in a home where she will get lots of exercise and training.

She is a little scared of new men and needs a home without small children. She is a puppy and is still in the “let’s try out these teeth” stage. Nellie is a nice girl who has been in the shelter for three weeks. We would love to get her into her new home soon.

Nellie is spayed, microchipped, tested for heart worm, and vaccinated. She is 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**.

Avalanche group's first Tahoe-area director speaks out

By Benjamin Spillman, Reno Gazette-Journal

You might not know anything about Richard Bothwell.

But Bothwell knows things about you.

He knows that as a human you're prone to making bad decisions.

And if you like to play in the Sierra Nevada snow he knows how those bad decisions could get you killed in an avalanche.

"People who die in avalanches are not dumb people ... they just made bad decisions," said Bothwell. "And usually they made bad decisions in the face of evidence telling them they were bad decisions."

Read the whole story

Letter: MontBleu assists Bread & Broth

To the community,

“Bread & Broth’s Monday meal event is always heartwarming and we are very happy to be able to participate in the Adopt a Day of Nourishment program,” commented Michelle Bergstrom, MontBleu’s director of administration.

As the adopt a day sponsor for the Dec. 19 dinner at St. Theresa Church, MontBleu donated \$250 to provide the funds to cover the meal costs to provide over 100 meals served to the evening’s dinner guests.

MontBleu casino has been sponsoring two adopts a days annually for the past several years and Bread & Broth is very thankful for their generous and on-going relationship with our program. With the assistance of our sponsors and donors, B&B has been feeding the hungry for over 27 years and their contributions ensure the program’s sustainability.

In addition to their financial donation, MontBleu casino’s human resources team members Bret Paulin and Mindy Bobadilla joined Bergstrom in helping the B&B volunteers at the dinner. The three MontBleu team members enthusiastically worked alongside the B&B volunteers making sure that the dinner guests enjoyed their meal and left with bags of food to help them through the week. Thank you to MontBleu and their team members for their concern for the hungry of our community.

Carol Gerard, Bread & Broth

Doctors say parenting and pot smoking don’t mix

By Jane Greenhalgh, NPR

With more states legalizing recreational marijuana, parents are facing the question of whether they should smoke pot around their children.

“I have never smoked and would never smoke around my child,” says one mother who lives in San Francisco. California is one of eight states that allows recreational marijuana use for adults 21 and older.

This woman uses marijuana to treat her migraines and insomnia, but she never uses it around her 5-year-old son. (She asked that her name not be used because marijuana use remains a federal offense.) “I don’t want to impact his air quality by the decisions I’m making,” she says.

This is the right decision, according to research by Karen Wilson, a pediatrician and lead author of a study showing that children absorb chemicals from secondhand marijuana smoke.

Read the whole story

EDC commits to loan to build sheriff’s complex

On a 5-0 vote last week, the El Dorado County Board of Supervisors agreed to accept a \$57 million 40-year loan from the USDA to build a sheriff’s facility in Placerville. This is the largest loan the county has ever taken.

The interest rate will be 2.375 percent.

While county Auditor-Controller Joe Harn recognizes the need for the law enforcement complex, he believes the county has gone about this the wrong way. He said as much in a letter to

the board that was included in the packet for the Dec. 28 special meeting.

“For the past six years our CAO’s Office has been dominated by individuals with no roots in our community who were not concerned about the long term wellbeing of our county. The county should have been saving for this facility and other capital improvement needs for the last six years. If we would have set aside funds over the past six years for this project we would be borrowing significantly less than \$57 million today,” Harn wrote.

In 2014 he suggested the voters should decide if that type of loan should be taken out.

Harn is worried about how the county will be able to make the \$2.3 million payment each year based on other financial obligations like CalPERS, road maintenance, retiree health insurance, and assistance to rural fire districts to name a few.

– *Lake Tahoe News staff report*

Bill pushes for marijuana decriminalization in all

states

By Jonathan Bach, Statesman Journal

Sen. Ron Wyden, D-Ore., is cosponsoring a bill to decriminalize marijuana across the nation and penalize states with high arrest and incarceration rates for pot-related crimes.

The Marijuana Justice Act of 2017, first introduced in August by Sen. Cory Booker, D-N.J., would remove weed from the federal list of controlled substances.

The bill also would penalize states that haven't legalized marijuana and have "disproportionate" rates of arrest and incarceration for marijuana-related offenses by cutting federal funding in those states for new jails, prisons and staffing.

Read the whole story

Snippets about Lake Tahoe

- Barton Community Health Center is now open six days a week, Monday-Saturday from 8am-5pm. Same-day appointments are available. Make an appointment by calling 530.543.5623.

- On Jan. 1, the California sales and use tax rate decreased one quarter of 1 percent to 7.25 percent. Proposition 30, The Schools and Local Public Safety Protection Act of 2012 that was approved by voters in November 2012 to temporarily increase the sales and use tax by 0.25 percent expired Dec. 31.

- All teens are invited to the Teen Advisory Board meetings at the Douglas County Public Library in Minden. Meetings are the second Wednesday of each month at 3pm starting Jan. 11. For more info, call 775.782.9841.

- El Dorado County may cancel the Jan. 3 Board of Supervisors meeting because of weather. This would mean the supervisors would be sworn in Jan. 4 at 9am, with the regular meeting at 10am.

- Lake Tahoe South Shore Chamber of Commerce's Business Expo is March 31 from 4:30-8:30pm at Harveys at Stateline. Tickets are \$15 in advance, \$20 at the door. For more info, go **online**.