Lecture geared toward cyclists

Physical therapist Chris Kozlowski will talk about maximizing bike performance on June 6 from 6-7pm at Kahle Community Center in Stateline.

The event is free.

She will talk about increasing pedaling efficiency, proper bike fit benefits, and bike-specific stretching and exercises.

Dry conditions increasing threat for wildfire

The Bureau of Land Management Carson City District would is warning people to be aware of the increased chance of wildfire due to extreme dry conditions and warmer temperatures.

“The current conditions for this time of the year are dryer than what we have seen in the last 20 years,” Ken Smihula, fire management officer, said in a statement. “The public needs to be aware of the dry conditions and the very high risk of wildfire. We encourage everyone using public lands to be careful in regards to human-caused fires and take appropriate steps to prevent them.”

The following precautions should be taken:

Never leave a campfire unattended and always make sure they are dead out. Extinguish all campfires completely and stir ashes to make sure no hot coals remain.

Dispose of cigarettes in proper containers away from any flammable material.

If off-road vehicle use is allowed, internal combustion equipment should have a spark arrester. Avoid driving though dry vegetation.

Never use stoves, lanterns or heaters inside a tent.

Store flammable liquid containers in a safe place.

Do not shoot any tracer bullets or incendiary ammunition.

Shoot only at cardboard or paper targets, manufactured metallic targets or manufactured thrown-type clay targets.

Remember, shots fired across open desert can travel more than a mile.

At the first sign of a wildfire, leave area immediately by established trails or roads. Contact Sierra Front Interagency Dispatch Center at (775) 883.5995.

Ongoing assistance available for caregivers

Caregiver support groups provide an outlet to share information and feel connected to others who are also providing care.

Area meetings include:

The second Tuesday of every month from 2:30-4pm at the

Georgetown Fire Station No. 61, 6283 Main St., Georgetown. The next meeting is June 12.

The second Thursday of every month from5:30-7:30pm at the South Lake Tahoe Senior Center, 3050 Highway 50, South Lake Tahoe. The next meeting date is June 14.

The third Tuesday of every month from 5:30-7pm, sponsored by Alzheimer's Association, at the El Dorado Hills Senior Center, 990 Lassen Lane, El Dorado Hills. The next meeting is June 19.

Refreshments will be served. Free respite care is available to qualified caregivers. Pre-authorization is required for respite services.

Questions? Contact the Family Caregiver Support Program at (530) 621.6151.

Battle heats up over labeling of genetically modified food

By Amy Harmon and Andrew Pollack, New York Times

GREAT BARRINGTON, Mass. – On a recent sunny morning at the Big Y grocery here, Cynthia LaPier parked her cart in the cereal aisle. With a glance over her shoulder and a quick check of the ingredients, she plastered several boxes with hand-designed stickers from a roll in her purse. "Warning," they read. "May Contain GMO's (Genetically Modified Organisms)."

For more than a decade, almost all processed foods in the United States – cereals, snack foods, salad dressings – have contained ingredients from plants whose DNA was manipulated in a laboratory. Regulators and many scientists say these pose no

danger. But as Americans ask more pointed questions about what they are eating, popular suspicions about the health and environmental effects of biotechnology are fueling a movement to require that food from genetically modified crops be labeled, if not eliminated.

Labeling bills have been proposed in more than a dozen states over the last year, and an appeal to the Food and Drug Administration last fall to mandate labels nationally drew more than a million signatures. There is an iPhone app: ShopNoGMO.

The most closely watched labeling effort is a proposed ballot initiative in California that cleared a crucial hurdle this month, setting the stage for a probable November vote that could influence not just food packaging but the future of American agriculture.

Tens of millions of dollars are expected to be spent on the election showdown. It pits consumer groups and the organic food industry, both of which support mandatory labeling, against more conventional farmers, agricultural biotechnology companies like Monsanto and many of the nation’s best-known food brands like Kellogg’s and Kraft.

Read the whole story

LTN tidbit 28: Figuring out where stories are filed



May is 31 tidbits about Lake Tahoe News month.

LTN tidbit No. 28:

Lake Tahoe News uses broad category names to classify stories instead of drilling down.

One day we might expand beyond what we have or add subcategories. It will depend on what readers desire, what makes sense and how much content we produce on a daily basis.

People have the most questions about the Feature and Grab Bag categories. Featured Articles are the ones that have been the lead story of the day. They are then categorized into one of the other sections as well.

Grab Bag is for items that don't fit under one of the other traditional categories. This is where super short stories – briefs – are found. We also put Snippets in Grab Bag. This is a collection of short (a sentence or two) items that are thrown together with five or six items contained in each Snippets.

Sometimes we file things under more than one category because we know not everyone goes to each category and it could easily be considered two things. For example, the recent mining story about Yosemite was filed under News and Outdoors & Sports.

Obits are always filed under Lifestyle, with the occasional one also being a News story.

Most animal stories are under Outdoors – because that's where they live.

Travel pieces are usually in the Lifestyle section because we are writing about a lifestyle.

If all of this seems too confusing, one way to keep in the know is to get the daily digest each morning. It gives you the headlines from the last 24 hours. Just put your email address in at the bottom right of the home page to activate that free service.

That is different than becoming a paid subscriber – which right now only costs you a buck, unless you want to offer more.

Tahoe Tails – Adoptable Pets in South Lake Tahoe

Baby's name is a little joke because she's no little kitten – she's an adult, and a bit on the large size.



But she is a very friendly cat who is happy being picked up as well as being left alone to explore. Baby is quite affectionate, with a sweet purr, and she would very much like to go home soon.

Baby is spayed, microchipped, 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 online to see photos and description 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

Snippets about Lake Tahoe



• World record video of cyclists in Lake Tahoe captured by First Tracks.

• *Conde Nast Traveler* in its June issue has the spa at the Resort at Squaw Creek listed as No. 21.

• The Great Cowboy Chicken Wing Cook Off is June 2 at the South Lake Tahoe Recreation Center. The event is from 11am-2pm. For more information or to enter, go online.

• *Northern Nevada Business Weekly* reports Zephyr Photonics of Zephyr Cove has been accredited as a category 1 trusted source by the Defense Microelectronics Activity, the highest designation awarded by the Department of Defense to private firms.

• Half Dome’s cables are ready for seasonal climbers.

2 LTCC Writers Series events to close out school year

Lake Tahoe Community College Writers' Series presents Lama Marut, author of "A Spiritual Renegade's Guide to the Good Life", on May 31 at 7pm.

She will be speaking in the Aspen Room of the South Lake Tahoe college. It is free and open to the public.

Books will be available for purchase.

The last Writers' Series event of the school year is "Tahoe Blues" book launch on June 8 at 7pm at the Ledbetter Terrace in the LTCC Demonstration Garden.

For more information, contact Suzanne Roberts at robertss@ltcc.edu or (530) 541.4660, ext. 708.

Nevada State Parks to discuss basin mountain bike trails

Lake Tahoe Nevada State Park will discuss the General Management Plan as it pertains to mountain bike trails on June 7 from 5:30-7:30pm.

The meeting is at the Chateau-Incline Golf Course, 955 Fairway

Drive, Incline Village.

The plan currently includes miles of new trails and the opening of the Snow Valley Peak section of the Tahoe Rim Trail to mountain bikes.

Fox Gas in S. Tahoe may sell station to Safeway

By Kathryn Reed

Talks are under way for another grocery store in South Lake Tahoe to have a gas station associated with it.

Owners of the Fox Gas Station and Safeway are talking about the Bay Area-based grocery store chain buying the locally owned station on Highway 50.



Fox Gas and Safeway, seen in the back left, may have one owner in the future. Photo/LTN

Officials with South Lake Tahoe told *Lake Tahoe News* they have been consulted and that preliminary discussions are under way.

The two businesses are next to each other. What isn’t known is if the slight slope that creates a barrier between the two would be reconfigured so shoppers could stay in the same parking lot to get gas and food.

John Cefalu, who owns the gas station, did not return phone calls.

Wendy Gutshall, with the PR arm of Safeway in San Ramon, said, “There’s nothing to report. We don’t comment on rumors.”

If the deal goes through, it would mean the second grocery store chain in the city to have a gas station. Raley’s gas station opened earlier this month at the Y.