California officers to increase St. Paddy's patrol

The Avoid the 6 El Dorado County DUI Campaign will be deploying additional officers on overtime this weekend, supporting routine traffic and patrol officers and focusing on drinking driver hotspots. Police, sheriff and CHP officers will have a "zero tolerance" response toward impaired drivers who fail to use a designated sober driver.

"St. Patrick's Day is one of the most widely celebrated saint's days in the world, but all too often it shares that great distinction with a far lesser one – too many people are driving drunk and killing or maiming themselves and others on the road as a result," South Lake Tahoe police Sgt. Shannon Laney said in a press release.

Last year during the St. Patrick's Day period, there were three people killed and 96 seriously injured in traffic crashes across California involving at least one driver or motorcyclist with a BAC of 0.08 percent or higher, according to statistics compiled by the California Office of Traffic Safety.

Law enforcement officials recommend the following steps for a safe St. Patrick's Day:

• Plan a safe way home before the festivities begin and designate a sober driver.

• If you happen to see a drunken driver on the road, don't hesitate to call 911.

• If you know people who are about to drive or ride while impaired, take their keys and help them make other arrangements to get to where they are going safely.

Douglas County libraries to close for 2 days

The Douglas County Public Library in Minden and Zephyr Cove will be closed March 21 and March 22 due to budgetary constraints.

The Minden Library will reopen March 23 at 10a. The Zephyr Cove Library will reopen March 23 at 9am.

For more information, call (775) 782.9841.

Definitive cure for hot flashes remains elusive

By Kim Painter, USA Today

When Kathryn DiPasqua, 51, started having bothersome menopausal hot flashes, she had a chat with her gynecologist: “I told her ‘I do not want to go on hormone replacement therapy. I’m a healthy person. I don’t want to put anything unnecessary inside my body.'”

So DiPasqua, like many women, tried other things, for four years: “I tried black cohosh, I tried soybeans; I would eat edamame by the handful,” says the Richmond, Va., college

marketing specialist. She limited caffeine and alcohol and jogged daily.

The result: She kept on overheating, about a dozen times a day and two or three times a night. She says her makeup melted, her clothes were ruined, her sheets soaked – and she got just plain tired.

A few months ago, she went back to her doctor and got a prescription for a hormone patch. She doesn't love it, she says, but it works.

DiPasqua's experiences are right in line with the latest research: Despite high hopes and years of study, most alternative treatments for hot flashes just don't work. Hormones do, but many women still see them as a last resort. A few other prescription drugs show mild promise.

So the great, universally accepted hot flash cure remains elusive.

Read the whole story

Reno skier dies in Northstar accident

By Reno Gazette-Journal

A Reno man was killed in a skiing accident at a Lake Tahoe-area ski resort Thursday, Placer County, sheriff's officials

confirmed Friday.

Few details are known about the accident that claimed the life of 51-year-old Scott David Fritz at Northstar California. No one witnessed the incident, said Dena Erwin, public information officer for the sheriff's office.

"It was some kind of accident. He most likely hit a tree," Erwin said.

Read the whole story

Snippets about Lake Tahoe



• Toby Keith with Brantley Gilbert will play at Harvey's Outdoor Concert Series on Aug. 8 at 7pm.

• South Lake Tahoe is accepting applications for finance director through April 13.

• An eight-week beginner piano class is being offered through Lake Tahoe Community College's community ed program starting April 2. For more information, go online.

• Jef Bauer, who has been general manager of MontBleu in Stateline since October 2010, resigned March 9.

• Jake's on the Lake Tahoe in Tahoe City is having a beer maker dinner March 22 at 5:30pm. Five Gordon Biersch beers will be paired with four courses. Space is limited for the $38 event – call (530). 583.0188.

Art classes at Lava Cap Winery

Aimee Rebmann, artist at Creative Juices Events, is offering two guided painting sessions – "Glass of Red" from 11am-1pm and "Whimsical Picnic" from 2-4pm – at Lava Cap Winery in Placerville on March 24.

Cost is $45 per session. This includes all art materials (16×20 canvas and acrylic paints), wine tasting, and a spread of crackers and cheeses. Wine by the glass or bottle and assorted gourmet deli items available for purchase. Register online.

These are guided painting sessions. No experience needed.

Impacts of term limits to shake up status quo in Nevada Legislature

By Sean Whaley, Nevada News Bureau

CARSON CITY – For years the Nevada state Senate was a pretty stable place, with many lawmakers serving for decades.

From one election cycle to the next, the names and faces in the 21-member body didn't change very often.

That reality was altered in a big way when term limits finally began to have an impact on the state Legislature starting in 2010.

And in this election cycle, already it appears that a minimum of nine incumbents, or more than 42 percent of the Senate, will be gone as of Election Day on Nov. 6.

Term limits, redistricting and personal decisions by lawmakers not to seek re-election are all playing a role in the significant turnover.

So in addition to the political ramifications for Democrats, who are trying to hold on to their one-seat majority, and Republicans, who are seeking to retake the majority, the Senate will have to face the reality of multiple new members when the 2013 session begins Feb. 4.

Sen. Mo Denis, D-Las Vegas, said the new reality with term limits and resulting turnover can be viewed as a challenge and opportunity.

“I think that it makes the work of caucuses a little bit more …; you do more work because you want to make sure you get good people that can move up and work and do the things that need to be done,” he said.

“I think the candidate recruitment is an important part of that, that you’re trying to get good people that can step up,” Denis said. “And at the same time, training people and getting them up to speed. That means you have to do more work in the interim, that kind of thing, so people are up to speed.”

There is a loss of legislative institutional memory when long-time lawmakers leave, but it also provides a chance for new people with fresh ideas to participate, he said.

The Legislative staff has helped by adding more training so new lawmakers are ready to get to work as soon as the session

begins, which is also limited to 120 days, he said.

The Nevada Legislature only meets every other year and Denis said the panel is looking at ways to improve the legislative process and make it more responsive to the public.

Sen. Michael Roberson, R-Las Vegas, said the turnover is not a major issue for Republicans because of the quality of candidates being recruited to fill the 10 seats in play.

“It’s more of a problem for the Democrats,” he said. “I think their caucus is a little chaotic at this point. And so their bench is pretty thin. They lost a lot of experienced state senators. We only lost a couple, frankly, from this past session. So from our perspective we’re fine with the turnover. Not so sure the Democrats should feel the same way.”

There were worries going into last session that the large amount of turnover in the Assembly and Senate due primarily to term limits would negatively affect the performance of the Legislature, Roberson said. But a number of new lawmakers in both parties and in both houses stepped up to make a major contribution, he said.

The same scenario is expected in 2013, Roberson said.

“So we’re going to have a lot of smart people, a lot of very capable people, in our caucus in the Senate next session.

“The key thing is, whether you’ve been there 20 years or two, we’ve got to work together to solve the problems of the state of Nevada,” he said. “And we’ve got to get past excessive partisanship and figure out a way to work with each other. That’s what the people want. That’s what I’m committed to do, that’s what our Senate caucus is committed to do.”

Term limits continues to take its toll on the ranks of lawmakers. Four state senators, Dean Rhoads, R-Tuscarora, Mike McGinness, R-Fallon, and Valerie Wiener and Mike Schneider,

both D-Las Vegas, are all leaving office this year due to term limits. The four lawmakers combined have more than 70 years of service in the Senate.

Two other senators who are completing their first terms, Shirley Breeden, D-Henderson, and Allison Copening, D-Las Vegas, have announced they will not run for new terms.

Another, Sen. Steven Horsford, D-Las Vegas, is running for the house in Nevada's new 4th Congressional District. Sen. Barbara Cegavske, R-Las Vegas, is a candidate for the house seat as well, and would make the turnover numbers even higher if she wins.

In a surprise move last month, Sen. Sheila Leslie, D-Reno, resigned from her seat in mid-term because she is moving into the district represented by Sen. Greg Brower, R-Reno, where she plans to run for election. One of the two lawmakers will be out of a job on Election Day.

And in another move in what was a busy month for the state Senate last month, Sen. Elizabeth Halseth, R-Las Vegas, announced she was resigning in mid-term for personal reasons.

Leslie's and Halseth's Senate seats will be filled in the 2012 election as well. Assemblywoman Debbie Smith, D-Sparks, has already announced her plans to run for Leslie's seat.

The turnover doesn't only mean new faces, but new leadership as well. Roberson and Denis, the expected caucus leaders for next session, are in the middle of their first terms in the Senate, although Denis also served for a time in the Assembly.

Eight current members of the Senate who are in mid-term and are expected to return in 2013 are freshman, having been elected in 2010. In the 2013 session, only three of 21 members will have served more than one legislative session in the Senate, although quite a few members do have prior experience serving in the Assembly.

Assembly experience will likely be a factor in the 2013 senate as well, with a number of Assembly members of both parties seeking Senate seats.

Skin cancer lecture in Stateline

Ronald Gemberling will be talking about all things skin cancer related on April 2 from 6-7pm.

The doctor will focus on diagnosis, treatment and prevention.

The talk is at Kahle Community Center, 236 Kingsbury Grade, Stateline.

U.S. fourth in team skiing competition

By USSA

SCHLADMING, Austria – Olympian Nolan Kasper of Warren, Vt., pocketed almost $5,500 Friday by producing the fastest run of the nations team event with a scorching 19.01 semifinal heat.

Despite his run and Julia Mancuso of Squaw Valley winning all her heats, the U.S. Ski Team, which also included Resi Stiegler (Jackson Hole, Wyo.) and Tim Jitloff (Reno) finished fourth behind the winning host country of Austria.

The World Cup Finals continue Saturday with women’s slalom and men’s giant slalom.

Anderson, White on podium at European X Games

By USSA

TIGNES, France – Olympian and double threat Shaun White who rides at Northstar took his second gold at European X Games Friday in the slopestyle competition. He executed yet another almost perfect score with a 97.00 on his second run with three doubles.

Jamie Anderson of South Lake Tahoe who rides at Sierra-at-Tahoe mimicked the nearly perfect run of White to take the top spot for the women.

Anderson’s winning run scored a 98.00 and went like this: cab to 270 off, half cab in to backside tailslide to fakie off, cab 720, switch backside 540, frontside 720 tail slide, to 270 out on the rainbow rail.

This is White’s 13th X Games gold medal and 18th X Games medal; his last time competing in X Games slopestyle was in 2009.

Chas Guldemond of Reno finished in sixth position after washing out on his landings.

A total of nine medals have been won for the U.S. out of a possible 15 with three more finals to go.