Money available for residents with erosion control issues

The Truckee River Watershed Council's River Friendly Landscaping Program is seeking to restore residential properties with significant erosion problems near rivers and streams in Truckee. The River-Friendly Landscaping program will award three single-family residences with $5,000 rebates and one multi-family residential property with $10,000 to reimburse homeowners for completed river-friendly landscaping.

The Truckee River Watershed Council and the Sierra Nevada Alliance launched the River Friendly Landscaping Program in 2010 to counteract the harmful runoff from residential homes. Funded by grants from the State Water Resources Control Board, the program aims to implement erosion-control and landscaping measures on residential properties that reduce pollution to the river and create sustainable landscapes.

Winners will also receive a custom landscape evaluation and site plan to help determine the needs of the property. Awards will reimburse materials and labor paid for by homeowners. River-friendly features can include native plants and flowers, retaining wall structures, gravel and mulch among a multitude of other river-friendly landscape features.

To be eligible applicants must own a home in the Truckee River watershed area and there should be significant erosion and/or storm water issues on the property. Applications are due Sept. 15 and winners will be announced Oct. 20.

For more information and to obtain an application, contact Reyna at reyna@sierranevadaalliance.org or (530) 542.4546, ext. 317.

Opinion: Why nothing in Tahoe improves

To the community,

My wife and I decided it was time to replace our tired and totally torn up by tree roots driveway.

So we called a contractor for a bid. He remarked that the offending trees must be removed.

So we called a tree remover contractor for a bid. We also thought we should have the house painted as soon as the dust settled. I will not mention any contractors name to protect the innocent, but some people are named because there is no one else to name. Tree remover says that I will need tree removal permit from TRPA. I called TRPA. A nice lady arrived and issued me a permit for the sum of $53 so I could cut down two trees on my own property.

This is a three-year permit. I now have three contractors who have given me a bid (tree remover), (driveway contractor), (and painting contractor). Trees must be removed by a crane because of their location and size. Our new power company Liberty Energy has a policy that any crane operating over power lines must have a Liberty person on site during this operation at a cost yet to be determined and paid by persons unknown.

My tree remover company has yet to be contacted by a Liberty person. The tree removal permit was issued on June 28, 2011, we hope to have our new driveway before the first snow. The only people who have responded is TRPA so far. This project cannot go forward before the first phase (tree removal) is

done. Is it any wonder things are as they are here in the basin?

David DeWitt, South Lake Tahoe

Draft redistricting map puts Ted and Beth Gaines in quandary

By Jim Sanders, Sacramento Bee

‘Til death do them part, sure, but nobody envisioned this.

Ted and Beth Gaines, the Legislature’s only married couple, find themselves in an odd predicament from the latest draft maps by California’s independent redistricting commission.

Beth’s Assembly career apparently would benefit by her continuing to live in the couple’s Roseville home, but Ted’s Senate career could be in jeopardy unless he pulls up stakes and moves.

The two Republicans who represent Lake Tahoe are not talking because boundary lines could change before an Aug. 15 vote on final maps, but tentatively, Beth is targeted for a safe GOP seat and Ted should grab some Excedrin.

Specifically, Ted would be separated from most of the voters who elected him and placed in a Senate district dominated by GOP colleague Doug LaMalfa and stretching to Red Bluff.

Read the whole story

South Shore recreation JPA meeting

The South Lake Tahoe Recreation Facilities Joint Powers Authority will have its regular annual meeting July 29 at 9am at Lake Tahoe Airport.

At 10:30am, the JPA will adjourn into a continued special meeting from July 13 to further discuss Measure R, the revision of Measure S that will be on the Nov. 8 ballot. Measure R discussion will include a proposed ballot argument in favor of Measure R, and the process and schedule for appointing Bicycle and Fields Advisory committees. The committees would be appointed if voters approve Measure R.

Walking tours of Carson City

Aberrations await and spirits linger during a two-hour walking tour Aug. 20 and Sept. 24 through the historic district of Carson City.

History and storytelling are the orders of the day on this tour through Victorian-style homes and neighborhoods, where reality and legend come together, leaving ghost walkers to wonder what is truth and what is fiction.

Tickets are available at the Visitors Center, 1900 South Carson St. or call (775) 687.7410. Tours depart from 3rd and Carson streets next to the St. Charles Hotel (Firkin & Fox

Pub) at 6:30pm. Cost is $20 per a person.

Tour guides will tell colorful stories about the buildings and its owners inside the humble and not-so-humble abodes, of yesteryear while walking along the historic Kit Carson Trail featuring 1800s Victorian-style homes. Some of the stops along the tour include:

– Ferris Mansion, home of George Ferris Jr., inventor of the Ferris Wheel for the Chicago World Columbian Exposition in 1893.

– Orion Clemens House, home of Mark Twain's older brother who served as secretary to Territorial Gov. William Nye, was built in 1863 and was called "the Governor's Mansion," though the real Governor's Mansion wouldn't be built until 1909.

– Rinckel Mansion, built by the fortune of Mathias Rinckel, a forward-looking meat magnate who struck it rich supplying Gold Rushers and Lake Tahoe lumbermen.

– Lee House, also known as Judge Clark J. Guild home, Lee, a prominent doctor and surgeon for the Virginia & Truckee Railroad, built the home from the lumber of the razed school on the same sites.

– St. Teresas Catholic Church, the first in Carson City, which was built in 1871.

Scramble to top of Twin Peaks provides great views

By Kathryn Reed

Summiting several of the well-known peaks in and around the Lake Tahoe Basin can give a hiker the feeling of being on top of the world. Same with Twin Peaks – just without the time commitment or exertion of a Tallac or Freel.

For those who live near this South Shore outdoor area, it's a hike that can be done after work this time of year because there is enough light.



Mount Tallac from Twin Peaks. Photos/Kathryn Reed

Twin Peaks is aptly named because it's two peaks in one. And rumor has it those peaks are named after a particular woman who lived in South Lake Tahoe.

What makes it fun is that it's a playground for different users. The easier of two four-wheel drive routes looks a bit gnarly this year, with a deep rut that doesn't seem like a novice would want to attempt it. In the winter it's a great place to snowshoe. In the summer, it's a great hike.

Reaching the first peak, we scramble up the granite rocks to get the best view. Storm clouds are moving in last Wednesday. It doesn't look like summer. Luckily, they were only threatening and nothing became of them.

Mount Tallac is to the left, but the sun angle makes it difficult to make out the cross. To the right is Lake Tahoe.

To Tallac’s left is a waterfall in the distance coming out of the mountains – water that isn’t usually there. Snow is still visible in the higher elevations.

Behind us is the second peak with the tower on it to warn aircraft. We start on a distinct path toward it, but lose it pretty quickly. Bushwhacking is the norm for us on this hike. No worries about a trickle of blood here and there.

Close to the top Capone, his master and another guy greet us. They have built a hut of sorts they say they are spending the one night in. It looks cold.

From their perch they can see the multi-million dollar planes parked at Lake Tahoe Airport for the celebrity golf tournament.

We don’t stay long. The wind is whipping and the light fading.

Getting there:

From the Y in South Lake Tahoe, continue on Lake Tahoe Boulevard. Turn left on Sawmill Road. Park immediately in the lot to the left.

I start off a neighborhood street, but I’m not going to be responsible for cluttering up a residential neighborhood.

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Snippets about Lake Tahoe



• Lake Tahoe Airport's all-wheel drive, two engine, two stage, rotary snowblower has arrived. The Caterpillar engine is 13 liters, 650 horsepower and 2,100 rpm.

• Former South Lake Tahoe City Manager Kerry Miller is retiring as Folsom's city manager effective Oct. 15. He was making close to $250,000.

• Aug. 17 is the first day of school in Douglas County. Aug. 29 is the first day for Lake Tahoe Unified.

• Tahoe Youth & Family Service's celebrates 40 years on July 23 from noon-5pm at the Gardnerville Drop In Center in the Ranchos. There will be a family barbecue, popcorn, cotton candy, ice cream cones and bounce house.

• The Silver Dollar Car Classic in Carson City is Aug. 5-7 in Mills Park.

• John Wagnon, vice president of sales and resort marketing at Heavenly Mountain Resort, is chairman of the Reno-Tahoe Airport Authority's board. He has been on the board since 2005.

Tahoe enviro summit participants reaching out to public more

Sen. Dianne Feinstein, D-Calif., is hosting the 15th annual

Lake Tahoe Summit on Aug. 16 from 9-11:30am at Homewood Mountain Resort.

The public is welcome to the free event.

For the first time since President Bill Clinton and Vice President Al Gore hosted the inaugural summit in 1997, the governors of California and Nevada are expected to attend. Govs. Jerry Brown



Dianne
Feinstein

and Brian Sandoval are likely speakers, along with Sens. Feinstein, Harry Reid, D-Nev., and Dean Heller, R-Nev., other high ranking federal officials, and local residents.

The theme this year is Stewardship and Sustainability in Challenging Fiscal Times. In addition to presentations at the summit, organizers are planning family-oriented events such as a Lake Tahoe Basin youth art contest and interactive displays for children.

Learning how to cope with

arthritis

By Jay Chung

Arthritis is a common term used to describe a group of conditions that cause joint damage, inflammation, stiffness and pain. There are more than 100 types of arthritis, but the most common types are osteoarthritis, rheumatoid arthritis and gouty arthritis.

What is osteoarthritis?

Osteoarthritis (OA) is commonly known as “wear and tear” arthritis, but osteoarthritis has multiple factors contributing to its development. OA can develop in areas of previous injury and commonly occurs in the big toe, ankles, knees, hips and low back with age. OA slowly develops and symptoms are stiffness when starting an activity, especially after a period of rest, and soreness during and after movement or activity.



Jay Chung

There are many diet and lifestyle changes you can make to help decrease your risk of developing OA or slow the progression of existing OA. Studies have found that individuals who consume more fruits and vegetables, particularly non-citrus fruit and garlic, have a lower risk of developing osteoarthritis. Maintaining a healthy weight is important in reducing your risk of developing OA. For those who have OA, both reduction in body fat and gain in muscle mass may relieve pain and

assist with body function. Even modest weight loss in combination with moderate exercise improves body function, increases mobility and decreases pain – more than weight loss alone. Low impact activities, such as swimming, cycling, water aerobics, tai chi and yoga are excellent choices for those with osteoarthritis.

Food choices and OA

There are a variety of fad diets claiming to cure arthritis. Unfortunately, most arthritis specific diets have not been scientifically proven, but there are important changes you can make to your diet. Limit saturated fats, found commonly in meat and dairy products. Choose low-fat products and lean meats, such as chicken or choose fish, instead of beef. Avoid trans-fats commonly found in packaged, processed foods and show up in ingredient lists as partially hydrogenated oils. Although most people think of soy products as a healthy food choice, partially hydrogenated soybean oil is a trans fat. Minimize your intake of the "white stuff" including white rice, white bread and white pasta. Choose whole grain breads, cereals and pastas and add beans, legumes and lentils to your meals. Avoid added sugar, including organic sugars, fruit juice sweeteners, honey and high fructose corn syrup. Lastly and most importantly, eat a wide variety of fresh fruits and vegetables daily. A vitamin supplement will not replace the nutrients found in foods.

What is rheumatoid arthritis?

Rheumatoid arthritis (RA) is an autoimmune disease and typically develops in women in their 50s. RA commonly affects the joints in the hands and feet and characteristics of RA are morning stiffness, swelling and joint pain in both hands or both feet. It's uncommon to see a single joint affected in RA and there is rarely a sudden onset of RA after injury. Low impact activities, such as water aerobics, swimming, cycling, tai chi and yoga can decrease pain and improve function in

those with RA. In addition to general diet guidelines described above, individuals with RA should increase their intake of omega-3 fatty acids. Omega-3 fatty acids are found in fish, specifically herring, salmon, trout and tuna, flaxseed meal, flaxseed oil, walnuts, tofu and canola oil. Fish oil supplementation has been found to decrease the number of painful and tender joints and decrease the duration and intensity of morning stiffness. Before starting fish oil supplementation, talk with your physician. Side effects of fish oil supplementation include increased menstrual time and individuals taking blood thinners may need to be monitored.

Living with gout

Gout is a painful condition caused by high uric acid levels in the blood. A gout attack occurs when excess uric acid forms needle-like crystals which deposit in joints, most commonly the great toe joint, resulting in pain, redness and swelling. Gout attacks usually occur at night, causing the affected individual to wake with excruciating pain and a red, swollen joint. Repeated gout attacks cause damage to the cartilage in the joints resulting in gouty arthritis.

Diet and exercise is extremely important for individuals with gout. Diets which include foods high in purines can increase uric acid levels. A purine is a chemical compound found in certain foods which break down into uric acid in the body. Foods and beverages high in purines include alcoholic beverages, such as beer, wine and spirits and foods such as anchovies, sardines, herring, mussels, codfish, scallops, trout, roe, haddock, bacon, turkey, veal and venison. Foods moderately high in purines include beef, chicken, duck, pork, ham, crab, lobster, oysters and shrimp. People who suffer from gout now have a way to prevent recurrence. Exercise can increase mobility and blood circulation, as well as strengthen joints and regulate the amount of uric acid in the body. Since uric acid is the underlying cause of gout, exercising for the prevention of the buildup can alleviate pain and suffering.

Most purines are made by the body, but some purines come from diet. Avoiding high purine foods can help to reduce the incidence of gout attacks. If you have gout, important steps you can take include losing weight, drinking plenty of fluids (except alcohol), eating a variety of fresh fruits and vegetables, adding low-fat dairy, such as milk or yogurt, to your diet and minimizing the intake of foods high or moderately high in purines.

Jay Chung is a physician for Barton Internal Medicine and the area's only rheumatologist. He specializes in rheumatoid arthritis, osteoarthritis, fibromyalgia, osteoporosis, vasculitis, gout and systemic lupus erthematosis. For more information, call (775) 589.8900 or (530) 543.5685.

Aquatic invasive species meeting in Truckee

The Truckee Regional Aquatic Invasive Species Prevention Program and the Tahoe Resource Conservation District) invite the public to a meeting July 28 from 5:30-6:30pm to learn about aquatic invasive species prevention and get involved with future program development.

AIS pose a real and continuous environmental and economic threat to the Truckee region and its watershed. Prevention efforts are being aimed at halting the introduction of harmful aquatic species, as well as properly educating the public on the tangible threats AIS are posing to the Truckee area.

Brief presentations will focus on aquatic invasive species prevention and control efforts in the Truckee River Watershed. Program representatives will cover an analysis of the risks

posed by AIS threatening the Truckee area, a history of AIS in the Truckee region, efforts which have been undertaken to address the spread of AIS in the Truckee area, as well as additional prevention programs in California and throughout the nation.

A public input segment will follow where citizens may emphasize where they would like to see prevention efforts focused.

The meeting is a Truckee Donner Public Utility District office, 11570 Donner Pass Road, Truckee. Park on the street.