Tahoe Tails – Adoptable Pets in South Lake Tahoe



Whiplash

Whiplash is so lonely, she is the only dog at the shelter right now.

She is a happy, bouncy, playful 1-year-old poodle mix who loves everyone. Whiplash came to Tahoe from a Central Valley shelter where her days were numbered. More dogs will arrive Wednesday from other shelters, and we hope Whiplash will have been adopted by then.

Whiplash is spayed, microchipped, tested for heartworm, and vaccinated. She is at the El Dorado County Animal Services shelter in Meyers, along with many dogs and cats who are waiting for their new homes.

Go online or 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.

– Karen Kuentz

Doctor: High cholesterol not a reason to panic

By Kathryn Reed

Diet, exercise and body weight are critical factors when it comes to dealing with cholesterol.

David Young, a doctor with Barton cardiology, outlined the steps people can take to prevent getting high cholesterol as well as what to do when the numbers are above a good range.

“It is one of the most indolent diseases we have. It can start as a teenager and not manifest until five decades later,” Young told the more than 60 people gathered at Lake Tahoe Community College on Feb. 5.



Dr. David Young talks Feb. 5 about cholesterol. Photo/LTN

While fat is needed, there are various types of fats. Trans fats are the ones to avoid. As Young said, they are “inflammatory to the body” and should be avoided at all costs.

Too much cholesterol leads to narrowing of the arteries, and in turn heart attacks and strokes may be triggered. A plaque rupture can also occur. This is when cholesterol material spills into the bloodstream.

“It causes an acute heart attack and chopper trip to Reno,” Young said.

A blood test is how people find out if their cholesterol is normal or high. The HDL is what’s considered the good cholesterol. LDL is the bad cholesterol.

Results with less than ideal numbers are not something to panic about, Young said. Most of the time a change in diet and an increase in aerobic exercise can lower the numbers. Losing weight and stopping smoking are other ways to improve ones cholesterol.

Cholesterol issues are also hereditary. Thyroid and kidney issues can also impact cholesterol, as well as certain medications.

When it comes to medication statins is often the route Young chooses. He said there is a lot of misinformation about these types of drugs and often he has to battle with patients to convince them to take them.

“Statin is a drug that inhibits cholesterol in the body and acts in the liver,” Young said. “There are many different types of statins. Not all are equal. All have their own intensities.”

One that is often advertised on television is Lipitor. It’s considered a high intensity statin.

A criticism of statins is that they increase the chances of

getting diabetes. Young said there is about a 1.09 percent chance of that occurring. What isn't known is how statins and diabetes are linked.

"Some say it's unmasking those who are predisposed to diabetes," Young said.

A complaint of statin users is muscle pain. Young said between 2 and 11 percent of his patients on statins suffer from muscle aches.

The American Heart Association has an online cardiovascular risk calculator.

"If you get 10 percent or above, that is when you have a conversation with your doctor about should I be on statins," Young said. "Everything we do in medicine has risk and benefits. Keep the end goal in mind."

—-

Notes:

• David Young will speak on the same topic Feb. 12 from 6-7pm at Sierra Nevada College, Tahoe Center for Environmental Sciences, Room 139, Incline Village. The lecture put on by Barton Health is free.

Opinion: California using up natural resources

By Joe Guzzardi, Lodi News-Sentinel

For decades, federal, state and municipal governments have

ignored the consequences of population growth. Despite California's ongoing battle against too little water, the Club for Growth and Wall Street want more, more, more.

The 2012 birth rate drop triggered a series of near-panic mainstream media stories that a demographic zero hour might be looming. Reporters speculated that too few children would eventually mean fewer workers, less productivity and too many retirees.

That gloomy prediction is baseless speculation. What we know for sure is that, according to the Census Bureau, last year California's population added 332,000 residents, which brought the state total to 38.2 million. Higher population created a demand for more natural resources, including, most importantly, water.

Read the whole story

Money available to Placer County bike commuters

Applications for Placer County's Bucks for Bikes program will be accepted through March 10.

Successful applicants will receive reimbursement of 50 percent up to $200 toward the cost of a commuter bicycle, and if needed, bicycle helmet, light, lock, and/or rack. Accessories alone will not be funded.

Applicants must be 18 years of age or older, work or attend school in Placer County and be willing to commute to work or school by bike. They must also attend a one-hour cycling

clinic.

Go online for more info.

El Dorado Community Foundation hands out money

El Dorado Community Foundation is giving out money to various organizations, however the amounts have not been disclosed.

Recipients are:

Boys & Girls Club Western Slope, EDC Community Health Center, Center for Violence-Free Relationships, Partners In Care, South Lake Tahoe Family Resource Center, city of Placerville, El Dorado County Academic Decathlon and Sierra Community Access TV.

These grants are possible only through the generosity of the donors to this fund.

Middle class continues to erode in U.S.

By Nelson D Schwartz, New York Times

In Manhattan, the upscale clothing retailer Barneys will replace the bankrupt discounter Loehmann’s, whose Chelsea store closes in a few weeks. Across the country, Olive Garden

and Red Lobster restaurants are struggling, while fine-dining chains like Capital Grille are thriving. And at General Electric, the increase in demand for high-end dishwashers and refrigerators dwarfs sales growth of mass-market models.

As politicians and pundits in Washington continue to spar over whether economic inequality is in fact deepening, in corporate America there really is no debate at all. The post-recession reality is that the customer base for businesses that appeal to the middle class is shrinking as the top tier pulls even further away.

If there is any doubt, the speed at which companies are adapting to the new consumer landscape serves as very convincing evidence. Within top consulting firms and among Wall Street analysts, the shift is being described with a frankness more often associated with left-wing academics than business experts.

Read the whole story

Anderson inspires students she's never met

By KCRA-TV

She's going for the gold in Russia, but Olympian Jamie Anderson of South Lake Tahoe has a whole legion of fans in Sacramento that she's never met.

Yet, Anderson is inspiring those fans to reach for the stars.

"The way she does tricks on her snowboard is very cool," said Alexandra Infata, a ninth-grader at Cristo Rey High School.

The students at Cristo Rey are tracking Anderson’s every move.

Read the whole story

No weather break – rain at lake, snow on slopes



Caltrans works on the flooding issue in Meyers on Feb. 9. Photos/Kathryn Reed

Flooding has been spotty throughout the Lake Tahoe Basin, as mostly rain has continued to fall on Sunday.

However, it’s snowing at higher elevations. Chains or four-wheel drive was needed along the American River Canyon on Highway 50 between Twin Bridges and Meyers on Sunday. Snow on the side of the road is more than 2 feet deep in places.



It’s dumping Feb. 9 near Sierra-at-Tahoe.

People were out of their vehicles playing in the snow.

However, Davey’s Tree Service and PG&E crews had trucks on Highway 50 at Johnson Pass Road.

Traffic in the early afternoon Sunday was backed up to Ernie’s in South Lake Tahoe as people were trying to get out of town.

No major issues have been reported in South Lake Tahoe or by Tahoe Douglas Fire officials because of the continuous rain. Crews are out to clear clogged up areas.

Flooding signs are up on Highway 89 near 15th Street and in Camp Richardson.



Chaining up Feb. 9 at Twin Bridges.

Caltrans crews were out trying to get the water covering

Highway 50 in Meyers to drain properly.

As of noon Feb. 9 the National Weather in Reno reported the following rain totals in inches:

Homewood 5.15

South Lake Tahoe 6.15

Donner Summit 5.85

Alpine Meadows 5.90

Homewood 4.67

Tahoe City 4.41

Truckee 3.40

Incline Village 2.65

Markleeville 2.29.

A winter storm warning remains in effect through 4am Monday. The rain is expected to turn to consistent snow at lake level about midnight.

“A mix of heavy rain and snow will cause slushy and hazardous conditions below 7,000 feet today,” the National Weather Service in Reno warns.

– Lake Tahoe News staff report

Diamond Peak evolving in to year-round playground

Diamond Peak Ski Resort is moving forward with its Master Plan update, with the goal of being a year-round community recreational resource.

The Master Plan, created by the SE Group, explores opportunities for maximizing the existing winter business, while assessing the potential for new summer activities that will generate additional revenue.

The Master Plan will serve as a blueprint for future development of multi-season activities at Diamond Peak. There will be presentation of the draft Master Plan on Feb. 12 at 3pm at the Chateau in Incline Village.

Great Ski Race to raise money for search and rescue

The Great Ski Race from Tahoe City to Truckee is March 2.

The Great Ski Race is the main fund-raising event for the Tahoe Nordic Search & Rescue Team, a nonprofit all-volunteer organization.

Race proceeds are used primarily to purchase equipment for the team, and to support winter survival and avalanche education programs sponsored and conducted by the team.

For more info or to register, go online.