Letter: Bread & Broth ends year with special dinner

To the community,

Bread & Broth would like to recognize the generosity of all the donors and volunteers who made our Dec. 23, Monday evening dinner a very special holiday meal for our guests.

With Christmas just two days away, a festive meal was served with baked ham as the main course accompanied by sweet potatoes, broccoli, salad, rolls and desserts.

A special thanks is to be given to Jeanette Shippee and her Culinary Arts Program at the El Dorado County Jail. Shippee and her culinary crew baked delicate Christmas cookies and tasty warmed rolls to be served with the ham and sweet potatoes that they purchased for the evening meal. The money for their purchases came from their “sweet roll” fundraisers which were held earlier in the year.

Bread & Broth would also like to acknowledge the evening’s hosting Secret Santa. This generous donor was really thrilled to be sponsoring B&B’s Christmas dinner. Not only hosting the Christmas dinner, but a regular B&B volunteer, our sponsor said, “It’s my pleasure. I personally get a lot out of it.”

Finally, to those who volunteered at the Christmas dinner and all the dinners throughout the year, giving your time is as valuable as giving money. Your dedication, smiling faces and kind words are an amazing gift of kindness not only in this holiday season but throughout the entire year.

Carol Gerard, Bread & Broth

Sugar guidelines may be altered

By Pam Foxx, Outside

Next time you reach for that Red Bull, reconsider. The World Health Organization is currently thinking about halving the daily recommended sugar limit.

The new guidelines would advise adults to consume just five teaspoons of sugar a day, rather than 10. This is bad news for the average American, who eats approximately 40 teaspoons of the stuff daily.

Health experts fear that an excess of the carbohydrate contributes to heart disease, tooth decay, and obesity. And sugar is pervasive. A single can of soda can contain 10 teaspoons of sugar, while a bowl of sweet cereal has about four.

If the WHO does change the recommended limit, many food companies might have to lower the sugar content in their products.

Read the whole story

AAA: Gas should be lower in

2014

By Shan Li, Los Angeles Times

Motorists driving in the U.S. in 2014 may enjoy some relief at the gas pump, shelling out about 5 cents less per gallon compared with this year, according to AAA.

Rising domestic crude oil production and increased refining capacity are helping insulate the U.S. from global disruptions in production, according to the motorist club. That has helped drive down average gas prices this year to their lowest level since 2010. In 2013, the average price of a gallon of regular gas was $3.49, compared with $3.60 in 2012 and $3.51 in 2011, AAA said.

Read the whole story

Virginia City hangs onto its roots

By Adam Kealoha Causey, Las Vegas Review-Journal

VIRGINIA CITY – Mining may not get top billing anymore, but this town built high on Northern Nevada hillsides still packs that history into its punch.

Today tourism is big business, and there’s something here for everybody who likes tales of yesteryear, whether rooted in fact or fiction. There are signs of life from the actual boom days that drew thousands to mine the Comstock Lode starting in

the 1850s, and also the made-for-TV version from “Bonanza” that started its 14-season run a hundred years later.

You can find markers and a museum commemorating Mark Twain’s newspapering days. He reported for the Territorial Enterprise in the early 1860s. Piper’s Opera House, whose current location dates back to 1885, still houses performances in the same spot where traveling shows stopped to makes some cash back in the day.

Even this town’s name, according to legend, is a throwback. Miner James Finney, whose nickname was “Old Virginia” or “Old Virginny,” christened it Virginia City to honor his home state.

Read the whole story

No major crime on S. Shore on New Year’s Eve

South Lake Tahoe police officers are reporting fewer arrests during the New Year’s Eve celebrations, while Douglas County sheriff’s deputies are reporting more compared to a year ago.

Between 12:01am Dec. 31 and 3pm Jan. 1, there were seven arrests in South Lake Tahoe. Most people were taken into custody for being drunk or disorderly in public. Fourteen people were arrested in the 48-hour holiday period in the city last year.



Thousands rang in the New Year at SnowGlobe in South Lake Tahoe. Photo/Lesia Witkowsky

“Although the city was quite full with holiday revelers, the number of calls for emergency police responses was fewer this year than during many past years,” Lt. Brian Williams said in a press release. “While the SnowGlobe festival has generated thousands of attendees over the past three years, the number of arrests generated there have not caused an overall uptick in arrest stats. Numbers of arrests have ranged from a high of 39 in 2001-02 to a low of seven this year.”

In Douglas County, 24 people were arrested in the Stateline casino area. Charges included assault, affray, domestic battery, disorderly conduct, minor consuming alcohol and civil protective custody. Last year, 14 people were arrested.

Highway 50 by the casinos was closed to motorists from 11pm Dec. 31 to 1am Jan. 1 because of the thousands of people who filled the streets.

Nevada Highway Patrol officers arrested five people in Northern Nevada for driving under the influence. Seven faced DUI charges a year ago. Troopers responded to six collisions; four were property damage events, two involved non-life-threatening injuries.

– Lake Tahoe News staff report

Smoking cessation class on South Shore

Freedom From Smoking, the smoking cessation program from American Lung Association, is coming to South Lake Tahoe.

The classes are Jan. 9-Feb. 13 at Barton University, 1111 Emerald Bay Road, Room 101, South Lake Tahoe.

Register by calling (530) 543.5882 or email gmorros@bartonhealth.org.

Not all ski deaths are counted by NSAA

By Vernon Silver, Bloomberg

There’s a grim certainty that comes with the start of a fresh U.S. ski season: Inevitably, for a tiny number of those who take the slopes, winter fun will end in deadly tragedy. Counting just how many perish in accidents is a job that falls to the skiing industry itself, and the tally stops short of trying to reflect each and every death on skis.

The statistics compiled by the National Ski Areas Association exclude a range of deaths, including those that happen outside commercial ski slope boundaries, those who ski after normal

operating hours, victims of heart attacks on the slopes, participants in competitions, and ski area employees who die on the job. This means that Ian Lamphere, 35, who died while skiing in Colorado this April, didn't make the count. Nor did the four snowboarders who died with him. The group was out of ski area boundaries when an avalanche claimed their lives at Loveland Pass.

Over the past decade the NSAA's count has averaged 39.6 annual snowboard and skiing deaths in the U.S., or 0.69 deaths per million skier visits.

Read the whole story

Help available to enroll in Covered California

Barton Health has scheduled two free enrollment sessions for the healthcare exchange program Covered California.

Uninsured California residents will meet with Barton's certified enrollment counselors and get enrolled with insurance.

No reservations necessary, it's on a first come, first served basis. Spanish speakers will be available.

The first session is Jan. 7 from noon-2:30pm at the Tahoe Family Resource Center, 3501 B Spruce Ave., South Lake Tahoe

The second session is Jan. 21 from 9am-noon at Lake Tahoe Community College, 1 College Drive, Room D121, South Lake Tahoe.

Social media pressuring changes in food industry

By Stephanie Strom, New York Times

Renee Shutters has long worried that food dyes – used in candy like blue M&M's – were hurting her son, Trenton.

She testified before the Food and Drug Administration, but nothing happened. It wasn't until she went online, using a petition with the help of the Center for Science in the Public Interest, that her pleas to remove artificial dyes from food seemed to be heard.

Mars, the candy's maker, is now hinting that it may soon replace at least one of the dyes with an alternative derived from seaweed.

While the FDA continues to allow certain dyes to be used in foods, deeming them safe, parents and advocacy groups have been using websites and social media as powerful megaphones to force titans of the food industry to reconsider the ingredients in their foods and the labeling and processing of their products. In several instances in the last year or so, major food companies and fast-food chains have shifted to coloring derived from spices or other plant-based sources, or changed or omitted certain labels from packaging.

Read the whole story

Opinion: A few ideas for Lake Tahoe in 2014

By Kathryn Reed

While it's not possible to wipe the slate clean, it is possible to approach things from a different perspective. That is in a lot of ways what New Year's resolutions are about.

Here, in no particular order, are some resolutions, ideas, and thoughts I have for 2014 for the greater Lake Tahoe area:

• Let's not artificially start the ski season before Thanksgiving. Mother Nature seldom has. I remember growing up in the Bay Area and many a year the skiing was not good at Lake Tahoe at Christmas. This was long before climate change and global warming were in our vocabulary. Let's promote fall in Tahoe; then ramp up the snowmaking – if need be – so there is a white Christmas on the slopes.

• Let's have elected officials set the example for how to behave properly. This means no screaming at people getting signatures for petitions, no accosting reporters at meetings, no disrespect to people whose opinion you disagree with, no bullying. You are elected to lead and to represent everyone, even those who did not vote for you and those you don't like.

• Let's put locals first. I've long advocated that if we create an area where people want to live and work, then tourists will follow. Most tourists want an authentic experience, not some make believe village or Disneyland-esque venue. Tourist traps, jacked up prices, crappy service – no one wants any of that.

• Let's take pride in what we have. How hard would it be to at a minimum once a month do something to improve your business and your residence? This includes people who don't own, own

but don’t live here, and part-timers. It could be cleaning the windows, raking, shoveling, taking out fire-prone juniper, a fresh coat of paint, building morale with a company event, closing for a half day and letting employees use that time to volunteer in the community, getting neighbors together to help each other with a project – the possibilities are endless.

• Let’s broaden our horizons by getting out more. Visit a store you haven’t been to before. Take a walk, a hike, a bike ride some place new. Eat at a different restaurant, have a beer someplace new. Go to an event you’ve never been to. Tahoe might have more to offer than you realized.

• Let’s help our local businesses by writing reviews on Yelp, Trip Advisor, Open Table and the like. Have family and friends do the same. And if you have had a bad experience, talk to the manager or owner and tell that person what happened so the same negative thing doesn’t happen to someone else. That’s more helpful than complaining to friends or writing a bad review.

• Let’s take a hard look at how much we really need. We claim to want to build things because we need more tourists – aka more money. Bigger isn’t necessarily better; just as change is not necessarily bad. Let’s make decisions based on the merits of the project. Not all development is bad; just as not all redevelopment is good just because it looks pretty. And just because something has been on the books for X number of years is not a reason to go forward with that idea.

• Let’s learn the arts of listening and compromise. Everyone has a right to his or her opinion. Instead of challenging it, just hear what that person has to say. That does not mean you have to agree with it. It’s good to know what you want, even better to give a little so even more people get what they want. That is compromise. Listening and compromising can be hard, but both are rewarding.

• Let’s remember that Lake Tahoe means different things to everyone. Each section of the basin has something special to offer locals and visitors. It belongs to all of us. No one person, no one business, no one agency is more important than another. Yes, there are different visions and even more ways to create those visions. But we’re all here only briefly. Let’s make the best of it instead of being so divisive.

Happy New Year, Lake Tahoe!