Tahoe Tails – Adoptable Pets in South Lake Tahoe



Bonzai

Bonzai is a very handsome German shorthair Pointer with unusual coloring. His spots are charcoal gray.

He is about 1 year old, very athletic and friendly, and his head is huge. He is a very strong, smart dog who needs a job, and with just a little training to channel all his energy he'll make a great pet.

Bonzai is neutered, microchipped, and vaccinated. He 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

Opinion: We excel at breeding nutrients out of food

By Jo Robinson

We like the idea that food can be the answer to our ills, that if we eat nutritious foods, we won't need medicine or supplements. We have valued this notion for a long, long time. The Greek physician Hippocrates proclaimed nearly 2,500 years ago: "Let food be thy medicine and medicine be thy food." Today, medical experts concur. If we heap our plates with fresh fruits and vegetables, they tell us, we will come closer to optimum health.

This health directive needs to be revised. If we want to get maximum health benefits from fruits and vegetables, we must choose the right varieties. Studies published within the past 15 years show that much of our produce is relatively low in phytonutrients, which are the compounds with the potential to reduce the risk of four of our modern scourges: cancer, cardiovascular disease, diabetes and dementia. The loss of these beneficial nutrients did not begin 50 or 100 years ago, as many assume. Unwittingly, we have been stripping phytonutrients from our diet since we stopped foraging for wild plants some 10,000 years ago and became farmers.

These insights have been made possible by new technology that has allowed researchers to compare the phytonutrient content of wild plants with the produce in our supermarkets. The results are startling.

Wild dandelions, once a springtime treat for Native Americans, have seven times more phytonutrients than spinach, which we consider a "superfood." A purple potato native to Peru has 28

times more cancer-fighting anthocyanins than common russet potatoes. One species of apple has a staggering 100 times more phytonutrients than the Golden Delicious displayed in our supermarkets.

Were the people who foraged for these wild foods healthier than we are today? They did not live nearly as long as we do, but growing evidence suggests that they were much less likely to die from degenerative diseases, even the minority who lived 70 years and more. The primary cause of death for most adults, according to anthropologists, was injury and infections.

Each fruit and vegetable in our stores has a unique history of nutrient loss, I've discovered, but there are two common themes. Throughout the ages, our farming ancestors have chosen the least bitter plants to grow in their gardens. It is now known that many of the most beneficial phytonutrients have a bitter, sour or astringent taste. Second, early farmers favored plants that were relatively low in fiber and high in sugar, starch and oil. These energy-dense plants were pleasurable to eat and provided the calories needed to fuel a strenuous lifestyle. The more palatable our fruits and vegetables became, however, the less advantageous they were for our health.

The sweet corn that we serve at summer dinners illustrates both of these trends. The wild ancestor of our present-day corn is a grassy plant called teosinte. It is hard to see the family resemblance. Teosinte is a bushy plant with short spikes of grain instead of ears, and each spike has only five to 12 kernels. The kernels are encased in shells so dense you'd need a hammer to crack them open. Once you extract the kernels, you wonder why you bothered. The dry tidbit of food is a lot of starch and little sugar. Teosinte has 10 times more protein than the corn we eat today, but it was not soft or sweet enough to tempt our ancestors.

Over several thousand years, teosinte underwent several

spontaneous mutations. Nature's rewriting of the genome freed the kernels of their cases and turned a spike of grain into a cob with kernels of many colors. Our ancestors decided that this transformed corn was tasty enough to plant in their gardens. By the 1400s, corn was central to the diet of people living throughout Mexico and the Americas.

When European colonists first arrived in North America, they came upon what they called "Indian corn." John Winthrop Jr., governor of the colony of Connecticut in the mid-1600s, observed that American Indians grew "corne with great variety of colours," citing "red, yellow, blew, olive colour, and greenish, and some very black and some of intermediate degrees." A few centuries later, we would learn that black, red and blue corn is rich in anthocyanins. Anthocyanins have the potential to fight cancer, calm inflammation, lower cholesterol and blood pressure, protect the aging brain, and reduce the risk of obesity, diabetes and cardiovascular disease.

European settlers were content with this colorful corn until the summer of 1779 when they found something more delectable — a yellow variety with sweeter and more tender kernels. This unusual variety came to light that year after George Washington ordered a scorched-earth campaign against Iroquois tribes. While the militia was destroying the food caches of the Iroquois and burning their crops, soldiers came across a field of extra-sweet yellow corn. According to one account, a lieutenant named Richard Bagnal took home some seeds to share with others. Our old-fashioned sweet corn is a direct descendant of these spoils of war.

Up until this time, nature had been the primary change agent in remaking corn. Farmers began to play a more active role in the 19th century. In 1836, Noyes Darling, a onetime mayor of New Haven, and a gentleman farmer, was the first to use scientific methods to breed a new variety of corn. His goal was to create a sweet, all-white variety that was "fit for

boiling” by mid-July.

He succeeded, noting with pride that he had rid sweet corn of “the disadvantage of being yellow.”

The disadvantage of being yellow, we now know, had been an advantage to human health. Corn with deep yellow kernels, including the yellow corn available in our grocery stores, has nearly 60 times more beta-carotene than white corn, valuable because it turns to Vitamin A in the body, which helps vision and the immune system.

Supersweet corn, which now outsells all other kinds of corn, was born in a cloud of radiation. Beginning in the 1920s, geneticists exposed corn seeds to radiation to learn more about the normal arrangement of plant genes. They mutated the seeds by exposing them to X-rays, toxic compounds, cobalt radiation and then, in the 1940s, to blasts of atomic radiation. All the kernels were stored in a seed bank and made available for research.

In 1959, a geneticist named John Laughnan was studying a handful of mutant kernels and popped a few into his mouth. (The corn was no longer radioactive.) He was startled by their intense sweetness. Lab tests showed that they were up to 10 times sweeter than ordinary sweet corn. A blast of radiation had turned the corn into a sugar factory.

Laughnan was not a plant breeder, but he realized at once that this mutant corn would revolutionize the sweet corn industry. He became an entrepreneur overnight and spent years developing commercial varieties of supersweet corn. His first hybrids began to be sold in 1961. This appears to be the first genetically modified food to enter the United States food supply, an event that has received scant attention.

Within one generation, the new extra sugary varieties eclipsed old-fashioned sweet corn in the marketplace. Build a sweeter fruit or vegetable – by any means – and we will come. Today,

most of the fresh corn in our supermarkets is extra-sweet, and all of it can be traced back to the radiation experiments. The kernels are either white, pale yellow, or a combination of the two. The sweetest varieties approach 40 percent sugar, bringing new meaning to the words “candy corn.” Only a handful of farmers in the United States specialize in multicolored Indian corn, and it is generally sold for seasonal decorations, not food.

We’ve reduced the nutrients and increased the sugar and starch content of hundreds of other fruits and vegetables. How can we begin to recoup the losses?

Here are some suggestions to get you started. Select corn with deep yellow kernels. To recapture the lost anthocyanins and beta-carotene, cook with blue, red or purple cornmeal, which is available in some supermarkets and on the Internet. Make a stack of blue cornmeal pancakes for Sunday breakfast and top with maple syrup.

In the lettuce section, look for arugula. Arugula, also called salad rocket, is very similar to its wild ancestor. Some varieties were domesticated as recently as the 1970s, thousands of years after most fruits and vegetables had come under our sway. The greens are rich in cancer-fighting compounds called glucosinolates and higher in antioxidant activity than many green lettuces.

Scallions, or green onions, are jewels of nutrition hiding in plain sight. They resemble wild onions and are just as good for you. Remarkably, they have more than five times more phytonutrients than many common onions do. The green portions of scallions are more nutritious than the white bulbs, so use the entire plant. Herbs are wild plants incognito. We’ve long valued them for their intense flavors and aroma, which is why they’ve not been given a flavor makeover. Because we’ve left them well enough alone, their phytonutrient content has remained intact.

Experiment with using large quantities of mild-tasting fresh herbs. Add one cup of mixed chopped Italian parsley and basil to a pound of ground grass-fed beef or poultry to make “herb-burgers.” Herbs bring back missing phytonutrients and a touch of wild flavor as well.

The United States Department of Agriculture exerts far more effort developing disease-resistant fruits and vegetables than creating new varieties to enhance the disease resistance of consumers. In fact, I’ve interviewed USDA plant breeders who have spent a decade or more developing a new variety of pear or carrot without once measuring its nutritional content.

We can’t increase the health benefits of our produce if we don’t know which nutrients it contains. Ultimately, we need more than an admonition to eat a greater quantity of fruits and vegetables: we need more fruits and vegetables that have the nutrients we require for optimum health.

Jo Robinson is the author of the forthcoming book “Eating on the Wild Side: The Missing Link to Optimum Health.” This column first appeared in the New York Times.

Squaw makes list of unique Starbucks locations

By Marcy Franklin, TheDailyMeal.com

It’s been said that you’re never farther than 170 miles from a Starbucks in America – and we can assume that will become only more true as Starbucks continues its global domination. As of July 2012, there were 17,651 Starbucks locations worldwide, with an additional 1,500 slated to open in 2013. In fact, the

company just recently announced that it would be opening its 1,000th location in Japan this summer.

And while a Starbucks location has a certain aesthetic – dark wood paneling, Pantone-green accents, chic and comfortable seating for a true coffeehouse vibe – we can all admit that our Starbucks locations have a big-box store, cookie-cutter feel to them. So when we find uniquely designed Starbucks stores from Singapore to Amsterdam, we get excited for the unusual. With innovative design, unique architecture that fits within the city's landscape and unusual concepts, these are the Starbucks worth visiting.

Ski-in/ski-out Starbucks (Squaw Valley)

When it opened last February, the Squaw Valley location earned the distinction of being the world's first ski-in/ski-out Starbucks. Located at a staggering elevation of 8,000 feet, it's essentially the skier's answer to a drive-through Starbucks. Upon its opening, Squaw Valley President and CEO Andy Wirth explained the concept's appeal: "Nowhere else in the world can skiers and riders enjoy a delicious Starbucks coffee without missing a beat on the slopes."

Other unique locations:

Kobe, Japan

Starbucks Flagship (New Delhi, India)

Starbucks Porto Chino (Bangkok, Thailand)

Starbucks Cineleisure Orchard (Singapore)

Starboxer, USS Boxer (California)

Starbucks Xintiandi (Shanghai, China)

Starbucks The Bank (Amsterdam)

Shipping Container Starbucks (Tukwila, Wash.)

Fukuoka Starbucks (Fukuoka, Japan)

Allure of the Seas Starbucks (Royal Caribbean International)

Xi’an Starbucks (Xi’an, China)

Starbucks at the Ibn Battuta Mall (Dubai, United Arab Emirates)

Breckenridge Starbucks (Breckenridge, Colo.).

Sierra bear poachers face felony charges

By AP

Two men arrested in possession of bear claws and gall bladders will be arraigned in El Dorado County Superior Court on felony charges.

Warden Mark Michilizzi said that Peter Vitali and Arthur Blake were arrested April 20 in the Eldorado National Forest.

The two possessed 20 large bear claws and three bear gall bladders.

The investigation suggested the men recently had killed a mother bear and two cubs. All had their livers and gall bladders removed.

At the time bear season was closed.

The bile inside gall bladders is believed by some to have medicinal properties and is sold on the black market.

Under state law it’s a felony to sell, purchase or possess for sale any part of a bear.

The pair will be arraigned June 4.

Abortion battles elsewhere may impact California

By Dan Morain, Sacramento Bee

In the past five years, 29 states have imposed new restrictions on abortions. California headed in the opposite direction.

Lest Californians think what happens beyond this state’s borders will always stay there, meet Kimberly Yee.

Well-schooled in the ways of politics, Yee worked for the Pete Wilson and Arnold Schwarzenegger administrations. Now back home in Arizona, she is a first-term state senator who is leading efforts to curb abortion, a winning issue for a politician on the rise in her Republican-controlled state.



Graphic/Paul Lachine/NewsArt

“I’ve vowed to carry legislation for those who have no voice,” Yee said by phone. “The politics of abortion are very different here.”

With help from anti-abortion groups Center for Arizona Policy and Americans United for Life, Yee carried House Bill 2036, signed by Arizona Gov. Jan Brewer in 2012, to ban abortions past the 20th week of pregnancy.

Abortion rights advocates including the ACLU and Planned Parenthood sued to block the measure from taking effect. Reversing a federal judge in Phoenix who upheld the law, the San Francisco-based U.S. 9th Circuit Court of Appeals two weeks ago ruled that Yee’s measure violated Roe v. Wade, the 40-year-old Supreme Court decision that legalized abortions nationally.

Yee’s allies are certain to appeal. Although the U.S. Supreme Court takes up a fraction of the cases that are appealed to it, Arizona is at the head of the line of states that are mounting ever more aggressive challenges to Roe v. Wade.

California might seem worlds away from its next-door neighbor on the issue of abortion. In many ways, it is. This state’s supreme court legalized abortion in 1969, four years before Roe v. Wade. California protects the right of privacy for everyone, including women wrestling with the most personal of issues. That’s how it ought to be.

But even here, access to abortion remains an issue. In contrast to what is happening in most of the nation, however, legislators here are looking for ways to solve that issue, to their credit.

Five of the seven California counties with the highest rates of teenage births are in the southern end of the Central Valley. Tulare and Kern counties are first- and second-worst, followed by Kings, Madera and Fresno counties.

Not coincidentally, access to family planning and clinics that provide Medi-Cal abortions for low-income women is tight in those counties. There's one provider in Kern County, none in Tulare and Kings counties, two in Fresno, and one in Madera County, according to Access Women's Health Justice, which compiles such information.

Under current California law, only physicians are permitted to perform abortions. That limits access, given that doctors are scarce in much of the state.

At the behest of Planned Parenthood and its allies, and backed by many physicians, Assemblywoman Toni Atkins, D-San Diego, is carrying a bill to authorize nurse practitioners, certified nurse midwives and physicians' assistants to be trained to perform first-trimester abortions.

Also at Planned Parenthood's urging, Assemblyman Richard Pan, a Sacramento Democrat who is a doctor, is pushing AB 980 to ease outdated building standards that are unique to clinics where abortions are performed and can add 20 percent to construction costs.

The Assembly approved Atkins' bill by a 48-22 vote and Pan's bill by a 47-21 margin. The Senate likely will approve them both.

Just as Kimberly Yee's bill never would pass in Sacramento, Atkins' and Pan's bills would not get out of committees in most other statehouses.

That's especially true since 2007, when a divided U.S. Supreme Court limited Roe v. Wade by upholding the federal Partial-Birth Abortion Ban Act signed by then-President George W. Bush.

Since then, 29 states have tightened abortion access. At least 10 states, including Arizona, adopted laws requiring that physicians perform ultrasounds before aborting pregnancies,

according to the Guttmacher Institute, which tracks such developments.

Several states impose waiting periods, including one where the wait is 72 hours. Several others require so-called counseling for women that is intended to dissuade women from making what already is a tough decision.

Arizona is one of 10 states that passed laws all but banning abortions after pregnancies reach 20 weeks. Arkansas passed a law to ban abortions past 12 weeks. North Dakota passed a law banning abortion after six weeks.

The Pew Forum on Religion and Public Life concluded in a primer on abortion law that the 2007 decision signaled that a majority on the court is willing to "rethink important premises in this legal debate, so it would not be surprising if the Supreme Court eventually were to take up the issues raised by this new restriction on the availability of abortions in the second trimester of pregnancy." That's where Arizona could come in.

The Supreme Court last week left in place an appellate court ruling that struck down an Indiana statute that defunded family planning clinics. But many more abortion challenges are en route, notably one involving Yee's HB 2036.

Yee has ascended fast since returning to Phoenix in 2006, after spending two years as a deputy cabinet secretary to Schwarzenegger in Sacramento working on education issues. She spent time as a legislative aide in Arizona and as spokeswoman for Arizona's state treasurer. Having ingratiated herself to conservatives, she was appointed to fill a vacant House seat in 2010 and won her Senate seat last year.

"Kimberly is a young, conservative, pro-life woman who is making waves on the national stage," said Cathi Herrod, president of the Center for Arizona Policy, who helped Yee write HB 2036. Clearly pleased with the legislator, Herrod

sees Yee as a future statewide candidate.

If the bill that Yee carried ever is implemented, physicians who perform abortions after 20 weeks could face six months in jail and $2,500 fines.

Maricopa District Attorney Bill Montgomery, who supports the measure and is joining the appeal to the U.S. Supreme Court, said the law is defensible because the safety of women is at greater risk when abortions are done after 20 weeks, and because fetuses feel pain at that point – claims disputed by the law's opponents.

Michelle Steinberg, public policy director of Planned Parenthood of Arizona, noted that most abortions occur before the 20th week. Later abortions generally are done because fetuses have serious abnormalities. Hindering women from ending such pregnancies is especially pernicious.

"Who you elect influences how you get your health care," said Kathy Kneer, president of Planned Parenthood Affiliates of California.

Women seeking help could come across the border, if they could afford the travel. Unlike most states, California's constitution guarantees the right to privacy, though Arizona's constitution has a privacy clause, too. California voters firmly support abortion rights. At some point, however, extreme steps taken outside California's borders will have an impact here.

CalFire to bill Nutting for putting out fires

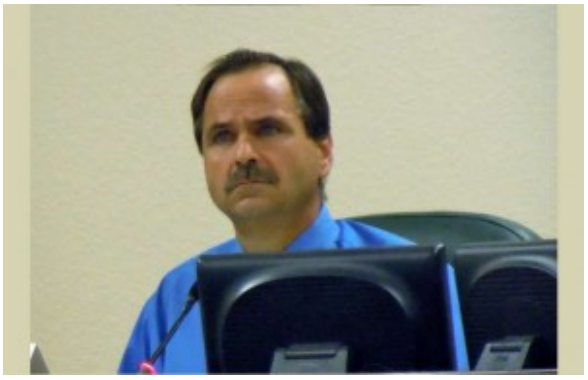
By Peter Hecht, Sacramento Bee

Ray Nutting, the embattled El Dorado County supervisor who collected state money to clear brush from his family ranch, is going to get a bill for causing a wildfire while performing the work.

Nutting, 53, faces four felony charges for failing to properly disclose about $70,000 in income received under two state contracts for clearing his own property for fire prevention. Through his attorney, he has denied any wrongdoing in the case announced Tuesday.

Now, CalFire says it is going to seek restitution from Nutting for unspecified costs of a Jan. 21 fire that erupted from an unattended burn pile on Nutting's 340-acre timber ranch.

The fire burned 5 acres and required 65 firefighters and inmate crew members to put out. It occurred as Nutting was performing work on his ranch under a third state contract due to pay him another $49,348 once that job is done.



El Dorado County Supervisor Ray Nutting's problems are escalating. Photo/LTN file

State investigative reports and email correspondence, received by the Bee under a public records request, indicated the fire was the fourth that state crews had responded to on Nutting's property on Happy Valley Road in Somerset since 2001.

At least three of the fires occurred while Nutting was performing work under California Forest Improvement Program grants given to private property owners to clear vegetation and other fire hazards. On three occasions, he was said to have been burning on "no burn" days set by local air quality officials.

Internal CalFire emails suggest a level of exasperation by agency officials over calls for assistance on Nutting's property and dealings with the four-term supervisor.

"Yesterday, a fire occurred at the Nutting Ranch," CalFire Battalion Chief Mark Brunton wrote his superior a day after the Jan. 21 blaze. He added: "Seems like an annual event and somehow I always end up there."

A separate fire investigator's report on the incident said Nutting had been burning brush on multiple days during a Jan. 15-22 burning ban set by the El Dorado Air Quality Management District.

The report from fire prevention Battalion Chief Christopher Anthony said hot embers from one of Nutting's burn piles set off a blaze that jumped a road and burned up a mountainside. Anthony said Nutting told responders he walked off to have some lunch, then returned and "looked up and went, 'Uh-oh.'"

No one was injured and no structures were damaged in the fire, which required 20 firefighters, 45 inmate hand crew members, five engines, two water tenders and two bulldozers to extinguish.

In his email, Brunton said he told Nutting that day that he would be held responsible. Brunton also wrote that, "During

fire suppression activities, Ray Nutting was, to put it bluntly a pain in the rear" by barking orders to firefighters.

"I eventually got face to face with him and had a discussion on responsibilities of the landowner and the fire suppression personnel," Brunton wrote CalFire's El Dorado-Amador County unit chief, Mark Kaslin. "This was no different than past experiences with him."

CalFire spokesman Daniel Berlant said last week the agency will file a claim against Nutting for the firefighting costs – still to be calculated.

"The decision has been made that we're going to seek civil cost recovery for that fire," said Berlant, who said investigators concluded that Nutting was negligent.

In emails to CalFire officials, Nutting expressed contrition after the incident – as well as concerns that he could be financially ruined if forced to pick up the firefighting costs.

"I have lost a lot of sleep over this fire that escaped on my ranch," Nutting wrote in a Jan. 24 email. "As you know, I am being punished with the costs of putting out the fire."

The supervisor, a longtime timber harvester, wrote that his property had become a "money pit" and he hadn't sold any timber in 10 years. He said being held liable for the fire would "put my family's financial stability at risk."

According to records from the El Dorado County Air Quality Management District, Nutting was ordered to pay a $150 fine for burning on an unauthorized day. He was directed to complete an online safe-burning course.

Even if he ends up paying for the fire itself, Nutting is due for payment if he finishes work under a 2012 forest improvement grant. Under the contract, he is to receive the

$49,348 for clearing brush, pruning and thinning out trees and removing flammable bark and wood debris on 277 acres of his ranch.

Nutting was paid $47,425 for brush-clearing and tree-planting work completed on his property in 2003 and $22,423 for work finished in 2009.

The state program is intended to reimburse private property owners to clear brush and remove hazards that can cause wildfires and damage watersheds.

While the grants are routinely awarded whether property owners hire contractors or do their work themselves, Nutting has come under political fire in El Dorado County in recent months for taking taxpayer funds for personal use.

On Tuesday, El Dorado County District Attorney Vern Piersen announced charges against Nutting alleging he broke the law by failing to disclose the state income on statements of economic interest required for public officials.

The charges also alleged that Nutting violated conflict-of-interest laws by failing to recuse himself on votes on county contracts with conservation districts that distribute funds for fire prevention.

Nutting attorney David Weiner called the charges “horse puckey.” He said the supervisor, whom he advised not to comment, made innocent paperwork errors but committed no crime.

Yet while taking state money for fire prevention, Nutting has drawn heat for causing fires.

In 2009, CalFire crews responded to his ranch to put out a 2-acre fire resulting from burning debris on a no-burn day. In 2002, crews extinguished a blaze that started during brush-clearing, a year after they put down a 2001 fire from an

unattended burn pile on the Nutting property.

In a 2002 email to a CalFire superior, a state fire investigator noted that Nutting had a bulldozer and water tender on site but lacked sufficient water or easily reached fire hoses for safe on-site burning.

“This is a carbon copy of a problem we had with Ray last year at this time,” the investigator wrote. He said he told Nutting “that we could not continue to drive out there every time an old burn pile went active.”

Workshop focuses on using technology effectively

The June 4 Tech Tuesday will feature Alexis Robin of Nourish Life Coaching.

Robin will be teaching attendees how to harness the power of smart phones, calendar and Web apps to be more productive at work. The workshop will look through the technology lens to help people sell smarter, stress less, capture ideas, leverage their strengths and get things done.

Tech Tuesday is the first Tuesday of the month from 8-9:30am in the Lake Tahoe South Shore Chamber of Commerce Conference Room at 169 Highway 50, Stateline.

The series is free for chamber members, and $15 for prospective members. Reservations are recommended and can be made by calling (775) 588.1728.

3 Chautauqua performances in Genoa

Mormon Station State Historic Park is kicking off its Historic Speaker Series with three Chautauqua presentations: Anita Watson will portray Mary Oxborrow, a pioneer midwife and healer; Laurie Hickey will give a presentation on the life of Dr. Eliza Cook, one of the first female doctors in Nevada and Bob Ellison will speak on about the life of Orson Hyde, responsible for “the curse of Carson Valley” and naming the town of Genoa.

For an extra dose of history, visitors may check out the log cabin museum in between speakers.

The event is June 8. The first speaker presents at 11am, the second at 12:30pm and the third at 2pm.

The presentations are free. Museum admission is $1 for adults; children 12 and under are free.

No dogs are allowed.

For more information, contact the park at (775) 782.2590.

Chairs are provided, but feel free to bring your own, along with a picnic lunch.

Fishing Derby at Sawmill Pond

The annual Dale Sare Memorial Optimist Club Fishing Derby is June 8 from 8-11am at Sawmill Pond.

Fishing is free to all children up to age 14.

In addition, the Optimist Club will be hosting a free raffle to give children and opportunity to win prizes.

The Optimst club will also be handing out free hotdogs, sodas and chips donated by Raley’s.

Fishing tackle and bait will be provided for anyone who does not have their own. Volunteers will be on hand to clean fish that are caught that day.

The pond is at the corner of Lake Tahoe Boulevard and Sawmill Road in El Dorado County.

Proper seal needed to launch boats at Fallen Leaf

For motorized boats to be launched at the Fallen Leaf Lake marina they must have a Fallen Leaf Lake sealed boat.

If there is no seal, then boats will have to be decontaminated at an approved decontamination station in Meyers, Homewood, or any other approved locations that have seals for Fallen Leaf Lake.

For information, call (530) 544.5323.