College coaches to teach youth soccer camps

Lake Tahoe Community College’s soccer coaches are putting on separate weeklong camps for boys and girls in July.

Each camp will focus on individual and team skills, including – passing, dribbling, shooting and heading. Additionally, kids will benefit by developing core strength and cardiovascular fitness. Kids will learn field strategy and team tactical awareness.

Kids in the full day camps will also learn and experience the following: nutrition, weight training, beach time, video analysis, leadership and more.

The girls camp is July 14-18 and boys camp is July 21-25.

The 6 and younger camp is $125 and is from 9am-noon; ages 7-10 is from 9am-4pm and $199; ages 11-14 is from 9am-4pm and costs $199; 15 and older is from 9am-4pm and costs $199.

To register, call 530.541.4660, ext. 717.

Help for people with varicose veins

By Robert Silk

This summer, many women and men will gaze in the mirror, asking themselves, “pants or shorts?” Yet when looking down, some may be reminded of their unpleasant varicose veins.

If you suffer from varicose veins – bulging, throbbing, aching veins – you are not alone. An estimated 25 million people in the United States suffer from a disorder called superficial venous reflux, or varicose veins.

What causes varicose veins?

Venous insufficiency is a common condition that forms when blood flow decreases from the leg veins up to the heart. This causes a pooling of blood in the veins. Normally, one-way valves in veins keep blood flowing toward the heart – against the force of gravity. When the valves do not perform their function, blood can flow backwards or reflux. The excess blood within the veins results in visible varicose veins at the skin surface.

What are the symptoms?

Symptoms of varicose veins may include aching, throbbing, fatigue and heaviness. Symptoms may worsen as the day goes on. People with venous insufficiency can have symptoms without visible varicose veins.

Can varicose veins be treated?

Varicose vein treatment can reduce symptoms and prevent complications. Home treatment, including exercising, wearing compression stockings, and elevating the legs, is the first and often best approach.

If home treatment does not help, minimally invasive treatment options are available at Barton Memorial Hospital. These include sclerotherapy or endovenous laser ablation.

An interventional radiologist, a doctor trained in the diagnosis and minimally invasive treatment of venous disorders, can diagnose and determine the best treatment. The assessment includes health history, a physical examination and in many cases, an ultrasound examination of your venous

system.

Endovenous ablation is a minimally invasive outpatient treatment for venous insufficiency that is performed using an ultrasound. After applying local anesthetic to the skin over the vein, an interventional radiologist inserts a thin tube known as a catheter, about the size of a strand of spaghetti, into the abnormal leg vein. Through this catheter, laser is applied inside the vein and seals it closed.

Sclerotherapy, ideal for small veins, is a procedure where a chemical (sclerosant) is injected into a varicose vein to damage and scar the inside lining of the vein, causing the vein to close. Many insurances cover venous insufficiency treatments based on medical necessity.

Robert Silk is an interventional radiologist for Barton Medical Imaging.

Tahoe City turning sidewalks into wine walk

Sip, shop and explore Tahoe City along its lakeside sidewalks while tasting wines and sampling morsels from Tahoe restaurants and caterers.

That’s what the Tahoe City Wine Walk is all about.

This year’s annual event is June 21 from noon-4pm.

Tickets are $40 in advance and are available online.

For more info, email info@tahoecitywinewalk.com.

2-time ACC winner excited Sorenstam is playing

By Kathryn Reed

STATELINE – Players having fun and interacting with the gallery – that's some of what sets watching Tahoe's celebrity golf tournament apart from the PGA or LPGA.

At least that's how two-time American Century Championship winner Jack Wagner sees it.

He was in town June 3 playing a round at Edgewood Tahoe before the July 15-20 tournament. Wagner, along with John Elway, Mike Eruzione and Jim McMahon are the only four to have played each year. This marks the 25th year of the event.

"This is our Masters/U.S. Open," Wagner said during a lunch at the golf course's restaurant. "It's real golf and there is a lot of fun golf."

While the actor-musician last won the tournament in 2011, this year he's favored to win it with 7:1 odds.

Who has the best odds is Annika Sorenstam at 2:1. Sorenstam, who has a second home in Incline Village, is thought of as the best women's golfer of all time. She retired in 2008 after having won 72 LPGA tournaments, including 10 majors and 18 other international tournaments.

Wagner's first preference of a playing partner would be his

late father. But his celebrity choice is Sorenstam.



Jack Wagner talks June 3 about what it will be like to play with Annika Sorenstam in Tahoe's celebrity golf tournament. Photo/Kathryn Reed

"I would want to watch her rhythm, her tempo and say 'nice shot'," Wagner said.

"She has a great chance of winning. I think she will elevate everyone's game."

He doesn't take any issue with a former professional golfer being in the draw. Plus, she is going to be teeing off from the same markers as the guys in the field. Wagner also said Sorenstam is probably "rusty" so that could help the guys.

Besides his club tournament, the ACC is now the only tournament he plays.

"This tournament is the foundation of so many friendships," Wagner said.

A group of seven or so guys would take golfing trips together. While those days are gone, Wagner said, "This is where we rekindle our friendships."

He said they don't spend time in the casinos, but instead

spend the bulk of their time at Edgewood Tahoe.

But that’s not to say he hasn’t gambled. There was the first year when he went from the blackjack table to having to tee off.

Editorial: State Parks deserves respectable leader

Publisher’s note: ***This editorial is from the May 23, 2014, Sacramento Bee.***

Gov. Jerry Brown’s parks director quit after an embarrassingly short tenure, giving the governor an opportunity to try again to find someone who can transform the troubled but world-class system.

Anthony Jackson, a retired Marine major general, was supposed to restore confidence after the previous director blamed budget cuts for needing to close 70 parks, only to discover $20 million in an off-budget account. Jackson is departing after only 18 months, with the parks system still struggling.

The Department of Parks and Recreation is in need of help but also has incredible assets, much public support and great promise.

Read the whole story

Letter: Collaboration for kids pays off

To the community,

On May 30, Live Violence Free in collaboration with South Tahoe Middle School and Soroptimist International of Tahoe Sierra held the annual Girls Empowerment Retreat for 33 middle school girls, grades 6-8.

The retreat included self-defense training from Escobar Training Grounds, self-love and sisterhood workshop by Soul 2 Soul, health and nutrition education, arts and crafts and a documentary activity about the importance of education. The participants received pizza thanks to the generosity of MacDuffs Public House and a gift bag thanks to Barton Women's Health.

The girls engaged in self-reflection, group activities, leadership building, and practiced supporting one another.

This event was only made possible due to strong community collaboration and enthusiasm to support the upcoming generation of leaders.

Thank you to those who participated and donated.

Hannah Greenstreet, prevention educator Live Violence Free

Gaines to put on forum about

wildfire

State Sen. Ted Gaines, R-Roseville, will be hosting a fire town hall meeting on June 25.

This is one day after the seven-year anniversary of the Angora Fire that swept through the South Shore and took out 254 houses.

The forum is from 6-8pm in the Aspen Room at Lake Tahoe Community College, South Lake Tahoe.

LTWC to talk to public about expansion plans

Lake Tahoe Wildlife Care is hosting a community informational meeting about its expansion plans on June 9 at 6pm in the Aspen Room at Lake Tahoe Community College.

The animal rehabilitation facility is moving to 27-acres off Al Tahoe Boulevard in South Lake Tahoe.

The board of directors will be show a PowerPoint presentation with displays some of the future buildings, cages and roads that are proposed.

Wagner talks about Sorenstam

Actor-musician Jack Wagner talks about what it will be like having Annika Sorenstam in the field during the 25th anniversary of the American Century Championship at Edgewood Tahoe July 15-20.

Author looking for Tahoe actors, locations

Marty Brounstein, author of “Two Amongst the Righteous Few”, will be in the area scouting filming locations for a movie based on the book.

Brounstein and members of the production crew will be at Lake Tahoe Community College on June 6 at 6:30pm in the Duke Theater talking about the project.

The book is about how Frans and his wife, Mien, saved the lives of at least two dozen Jews in southern Holland during World War II. They were Catholics who led a simple life in a small town, but they took risks and displayed bravery to help others in dire need, instilling hope during one of the most horrific points of history.

Local actors will be needed.

To attend, RSVP to Toni Suttie toni.suttie@gmail.com.