Split vote on Raley's contract nullifies it

By Dale Kasler, Sacramento Bee

A tentative labor contract at Save Mart Supermarkets was supposed to bring clarity to the labor drama gripping Northern California's supermarket industry.

Instead, it brought more confusion.

The United Food and Commercial Workers announced Wednesday that workers in the Central Valley voted to ratify a two-year contract with the Modesto grocery chain.

But two locals covering the Bay Area rejected the deal with Save Mart, the UFCW said.

A union spokeswoman said the split verdict means the contract won't go into effect.

Read the whole story

Significant improvement to Lake Tahoe's clarity confounds scientists

By Kathryn Reed

Another year of data about Lake Tahoe's clarity provides more confusion for scientists.

“This last year has defied conventional wisdom in many ways,” Geoffrey Schladow, director of the UC Davis Tahoe Environmental Research Center, said in a statement. “In the past, very wet years have led to decreases in lake clarity, whereas we are now seeing the opposite. This only reinforces the fact that the underlying, driving forces are themselves starting to change.”

The “Tahoe: State of the Lake Report 2012” was released Aug. 9 by the Tahoe Environmental Research Center at UC Davis.

Summer clarity of 51.5 feet in 2011 was the second worst on record. Winter clarity of 84.9 feet was an improvement of 11.9 feet. Overall, the 2011 average lake clarity improved 4.5 feet from 2010.

Scientists speculate the winter improvement was from efforts to reduce fine sediment from reaching Lake Tahoe. However, they also stressed that monitoring is the only way to prove that statement.

A Secchi disc, which looks like a white dinner plate, has been used since 1968 to figure out how clear Lake Tahoe is. Researchers drop the disc overboard and use their naked eye to see how far down the disc goes.

For most of those years the clarity has been decreasing. Throughout these 44 years the reasons why keep changing. The latest thinking is fine sediment is the main culprit. That is why every project that is proposed in the basin must have an environmental component that would reduce the amount of sediment reaching the lake from that particular parcel.

That is why close to $2 billion has been pumped into what is called the environmental improvement program. The EIP was established after President Bill Clinton and Vice President Al Gore came to Tahoe for the first Lake Tahoe Environmental Summit. (The next one is Aug. 13, 10am at Edgewood Tahoe, Stateline.) Much of that money came through the Lake Tahoe

Restoration Act. Reauthorization of it is not expected any time soon. Other money has come from the Southern Nevada Public Lands Management Act.

With the tap dry on both those sources, local jurisdictions and regulatory agencies are scratching their heads as to how future projects will be get paid. And with the Lahontan Regional Water Quality Control Board and Nevada Department of Environmental Protection Agency implementing the total maximum daily load protocols, the gauntlet has been laid down for the five counties, one city, U.S. Forest Service and two state transportation agencies.

Clarity readings since 2000



Lake Tahoe's clarity improved in 2011, but why remains unknown. Photo/LTN file

- 2011: 68.9 feet
- 2010: 64.4 feet
- 2009: 68.1 feet
- 2008: 69.6 feet
- 2007: 70.1 feet
- 2006: 67.7 feet
- 2005: 72.4 feet
- 2004: 73.6 feet

- 2003: 71 feet
- 2002: 78 feet
- 2001: 73.6 feet
- 2000: 67.3 feet

Source: UC Davis

Other data from the latest clarity report:

• Despite the cold winter and a cool July, the annual average surface water temperatures rose by 0.6 degrees.

• The length of time a summerlike stratification – where layers of water form with different temperatures – persists has increased by almost 20 days, a likely outcome of climate change. Researchers fear if this trend continues, oxygen replenishment to the bottom of the lake will become less frequent.

• A potential culprit to reduced summer clarity is a microscopic algae cell called Cyclotella. The tiny cells have grown exponentially in the past five years, scattering light and reducing clarity. Research shows that times of the highest concentrations of Cyclotella coincide with the lowest summer clarity levels.

• The 2007 Angora Fire, which burned 9 percent of the Upper Truckee River drainage, had almost no effect on lake water quality.

• An experiment using rubber mats on a half-acre site in the southeast portion of Lake Tahoe to control the spread of Asian clams appears to be effective.

Hot weather throughout Sierra; but no record highs

A persistent high pressure system is bringing hot weather to most of California and into western Nevada.

While the National Weather Service in Reno is not predicting to set any record highs between Friday and Sunday in Tahoe, Carson or Reno, it will be hot. Reno should have triple digits for the next three days.



AJ and Rusty, foreground, cool off Aug. 9 at Cove East. Photo/Kathryn Reed

In South Lake Tahoe the highs will be in the high 80s.

Most of the thunderstorm activity is expected to be in the late afternoon and evenings, with the greatest chance on Sunday. This is for the Lake Tahoe Basin, Reno and Pine Nut areas.

– Lake Tahoe News staff report

Group beach cleanup day on Aug. 18

On Aug. 18, the League to Save Lake Tahoe, U.S. Forest Service and Washoe Tribe are putting on a beach cleanup of Lake Tahoe’s East Shore beaches.

The event starts at 9am.

Volunteer registration will be at the Secret Harbor parking lot off of Highway 28.

S. Tahoe summer camp venturing to Carson Valley

Camp Tadaka is having a fun trip Aug. 16 for K-10 grades. Youths will be going to Carson Valley Swim Center.

Cost is $25 and preregistration is necessary – (530) 542.6056.

Bring lunch, swim stuff, sunscreen, hat, goggles, rash guard, and a water bottle.

Movement to blend S. Tahoe, Lake Valley fire departments

Lake Valley Fire Protection District is officially taking over fire marshal duties for South Lake Tahoe.

South Lake Tahoe will pay for a financial study to determine the economic gain-loss for taxpayers for each jurisdiction if consolidation of the departments were to occur. Lake Valley's board will take up the issue tonight.

Request for proposals will be sent out for the study, with the City Council likely reviewing them in October.



Brian Uhler, left, and Gareth Harris, fire chiefs of South Lake Tahoe and Lake Valley, respectively, with arson dog Simmie, talk to the City Council Aug. 8. Photo/Kathryn Reed

No exchange of money is proposed at this time for Lake Valley's fire marshal services because the city will be picking up the expense of the financial study.

Talks are under way with Lake Tahoe Community College to have a training station there that would tie into the fire academy

and possibly mean Station 2 in the city would not need to be remodeled.

– Kathryn Reed

S. Tahoe man accused of burglarizing pot club

A South Lake Tahoe man was arrested late Aug. 8 on suspicion of burglary at Patient2Patient marijuana collective.

The troubled dispensary on Highway 50 in South Lake Tahoe must close its doors by Aug. 20 because of a slew of violations. Until then the business is open and people want to get their pot without paying for it.



Leslie Decker

An alarm alerted police officers to a disturbance at the collective at 11:30pm Wednesday.

Officers said they witnessed Leslie Decker, 24, crawling out the bottom of a broken glass door. Inside this broken glass

door was a cement cinder block, which appeared to have been used to break the glass, police said.

Decker's bicycle was lying on the ground on the east side of the building. Officers said he had several tools with him, including a socket wrench, sockets, a box cutter and screwdrivers.

The dispensary was also burglarized in July.

– Lake Tahoe News staff report

Tahoe casinos start summer strong

Gaming revenue was up on both ends of the Lake Tahoe for June compared to the previous year.

This was in contrast to the statewide decline of 6 percent.

Nevada's Gaming Control Board released figures Aug. 9 showing $832.5 million was collected in June, compared with $885.8 million in 2011.



North Shore casinos did

well in June.
Photo/LTN file

Stateline revenue was up 17 percent at $17 million. North Shore was up 29.3 percent. That was the largest increase for any region in the state.

Overall, Northern Nevada numbers were up compared to a drop in the south part of the state.

– Lake Tahoe News staff report

Drivers needed for South Tahoe seniors

South Lake Tahoe needs drivers for the Senior Center van.

Do you have two hours a week to volunteer?

This service affords seniors who do not have access to transportation to attend doctor’s appointments, pick up prescriptions, grocery shopping, and other shopping.

To volunteer, call Tracy at (530) 542.6093.

Staying healthy means

incorporating exercise into busy lives

By Mandy Kendall

I went for my first bike ride of the summer last weekend and the next day it was pretty obvious that I had done too much, too soon. Everything hurt, not just the area of my body that was supposed to be protected by those “oh so attractive” padded cycling shorts that make you feel like you’re wearing adult diapers.

It is times like these that I have to admit that I’m not getting any younger and I should be kinder to my body. Let’s face it, there is nothing new about the fact that exercise is good for us, and just generally makes us feel better. However, new research has shown that exercise lessens our chance of Alzheimer’s disease, reduces our risk of stroke and increases brain function. So, to all of us who are perhaps not quite as invincible as we’d like to think we are, here are a few *Qwik-e* tips on how to stay active for longer, and enjoy it.



Mandy Kendall

Gently does it – Stressing cold muscles increases risk of damaging them. Anything you can do to gently warm up the muscles before you put any load on them will help prevent soreness and potential injury. Walking before you start jogging, gentle stretches before you garden and practice strokes before you start that game of tennis or golf will all

go toward protecting our most precious asset, our bodies. I know we've all heard this before, but be honest now, how many of us really do it?

Knowing squat – The squat is reputed to be the best exercise in maintaining lower back and leg strength. Once you have the technique right (it's just like the action of sitting down in a chair, except without the chair) it can be done anywhere and works all the major lower body muscles. It's best to have someone watch you when you do your first few (ideally a professional trainer) to make sure you're doing it correctly. The next best option would be to watch an online video tutorial. I like this one.

Target the core – Again, this is an area that is often referred to when people talk about exercise. What is it really all about? Your core, as the name suggests, is the center around which the rest of your body revolves. Your core muscles support your spine and protect it from the stresses inflicted on it from other parts of your body. An unstable or weak core leaves the rest of your body vulnerable to injury. The best core strengthening exercises involve any position that requires the body to stabilize itself. A good example is an exercise called the plank. Whilst strengthening your shoulders and biceps, the plank also exercises your core muscles as they work to keep your body suspended in a straight line. Simply get into a push up position with your arms, and back, straight and hold it for 30 seconds (don't forget to breathe). If that's a bit tough on your arms to start then rest on your elbows instead of your hands.

Play flamingo – Not only does standing on one leg strengthen our core muscles it also gives our brain a good workout too as it takes a lot of brain activity to keep us from falling over. Just 20 to 30 seconds a few times a day is enough. Just remember to switch legs. When you can balance comfortably without wobbling, try closing your eyes.

Listen to your body – As tempting as it is to work off a muscle or joint twinge it is wise to back off from training that area until the discomfort is gone. Minor muscle or soft tissue damage should noticeably improve over two or three days. If it's taking longer than that consult a healthcare professional who specializes in soft tissue treatment.

Stretch it out – Muscles get shorter when we use them and don't automatically re-lengthen when we stop using them. If a muscle is left to cool down in its shorten state, it is prone to injury (a bit like silly putty which breaks apart easily when it's cold but stretches very easily when it's warm). While muscles are still warm (no more than 10-15 minutes after you stop exercising) gently stretch them back to their proper length and they will be ready to go the next time you need them.

Feed your muscles – At any age, but especially as we get older, our muscles need feeding after we've given them a workout. A protein drink after your training is a good way of helping muscles recoup and rebuild, ready for the next session.

Give yourself a break – Nobody says you have to exercise every day. A day off every week, especially if you're feeling fatigued, will reap rewards in the long term. Life is a long race, you should take it easy every now and then.

Important note – As with any exercise please consult your doctor or a professional physical trainer before attempting any new program.

I am away for the next two weeks so look forward to reconnecting with you when I get back.

Until next time.

Mandy Kendall operates Health Connective in South Lake Tahoe, which aligns wellness seekers with their ideal wellness

provider. If you have questions, would like some advice, or would like to request some Qwik-e tips on any health and well-being topic, drop her an email at connect@healthconnective.com or keep an eye out on Lake Tahoe News for regular Qwik-e tips on how to make healthy changes one Quick and Easy step at a time.