Study: Being stressed at work is the norm

By Patricia Sabatini, Pittsburgh Post-Gazette

Feeling frazzled at work? So is your annoying co-worker.

A recent survey conducted by Harris Interactive for Everest College found 80 percent of Americans feel stressed by at least one thing on the job.

Workers in the Northeast were the most in need of a chill pill, with 86 percent feeling stressed compared with a low of 75 percent in the West.

Overall, long commutes and low pay tied as the No. 1 workplace stressors, closely followed by unreasonable workloads. Annoying coworkers ranked third.

Next came poor work-life balance, working in a job that is not a chosen career, lack of advancement and fear of being fired or laid off.

Read the whole story

Boating safety class offered at Lake Tahoe

Lake Tahoe’s U.S. Coast Guard Auxiliary is putting on a safe boaters course June 7 starting at 8:30am.

The course teaches the particulars of handling a motorboat or personal watercraft. This course will give people the knowledge needed to obtain a boat license or safety certification in many states.

Topics include: introduction to boating, boating law, boat safety equipment, safe boating, navigation, boating problems, trailering, storing and protecting your boat, hunting and fishing, water skiing, and river boating.

The cost is $40. The eight-class will be at the Tahoe Maritime Museum in Homewood.

To register, call Anton Kushlan at 530.525.9253, ext. 103.

Duckee Derbee raises money for Humane Society

Dubbed “most unpredictable two minutes in Tahoe,” the annual Truckee Duckee Derbee is June 8.

The 11th annual event is at the River Ranch Lodge in North Lake Tahoe.

The rubber duck races benefit the Humane Society of Truckee-Tahoe. The afternoon’s festivities include live music provided by Angele and the Wildwood Band on the outdoor patio, a barbecue, drink specials, raffle, Dogz in Dudz canine costume contest, and the Cool Catz in Hatz contest open to all “human” attendees.

Festivities run from 1-4pm, with the Dogz in Dudz starting at 2pm. The pre-race party and registration starts at 1pm.

Ducks may be purchased online prior to the event and pre-race entries will be entered in a special raffle for a $50 gift certificate at the River Ranch. Derbee winners need not be present to collect cash prizes. Deadline is June 1.

To buy a duck or for more information, go online or call 530.581.0181.

Aquatic invasive species hard to keep in check

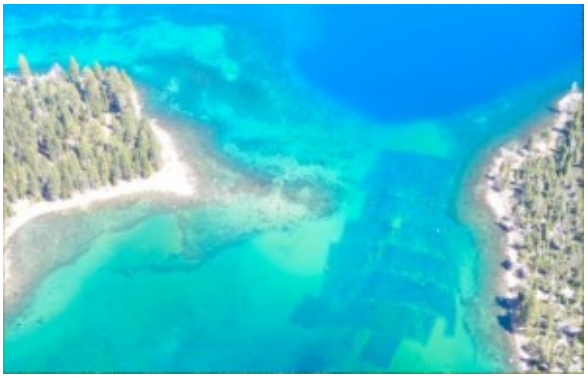
By Kathryn Reed

INCLINE VILLAGE – Aquatic invasive species are never going to disappear completely, but it is possible to manage them and possibly keep some from reaching Lake Tahoe area waterways.

That was the message Thursday during a talk from various experts at the Tahoe Environmental Research Center at Sierra Nevada College in Incline Village.

Eurasian milfoil has been here for years – predominately in the Tahoe Keys. New Zealand mud snails are also in Lake Tahoe. What aren't here are Quagga and zebra mussels. Those are two of the major threats to any body of water because they have yet to be eradicated from waters they've invaded.

With Lake Tahoe seeing about 15,000 boats a year, and that number on the rise, inspecting every boat that enters the lake is the only way to keep nonnative species away. In 2013, about 4,000 boats were decontaminated before entering Lake Tahoe.



Mats, on the right, have been used in Emerald Bay to suffocate clams. Photo/LTN

Tahoe Resource Conservation District does the inspections in the basin. More Tahoe-only boats are coming through, which means they are not going to another body of water. This then reduces the threat of Tahoe being contaminated.

The mussels can threaten water in-take locations, ruin the ecological diversity and potentially have an economic impact if they take hold because people will not re-create where they are.

The Thursday forum on the North Shore featured speakers from TRCD, Tahoe Regional Planning Agency, Trout Unlimited, California State Parks, Tahoe Keys, and League to Save Lake Tahoe.

One of the problems is that funding is running out to maintain the prevention programs that are in place. It costs about $1.5 million a year for the Lake Tahoe prevention program. Half is from fees, the other comes half from the federal government via the land sales in Southern Nevada. Those dollars are about exhausted.

The overwhelming message is that people accessing any lake need to be aware of the vessel they are using or gear.

The latter is important because it is anglers who are most prone to transport the New Zealand mud snails via what they

are wearing. They are so tiny and asexual that it just takes one to make many. They were first documented in the Truckee River in 2013, but likely had been there for a few years.

They can live up to 24 days without water and 50 days in damp conditions, according to Dave Lass with Trout Unlimited.

The mouth of Emerald Bay had a huge Asian clam problem a few years ago. Mats were laid down as a way to suffocate them. It worked.

Dan Swan with State Parks showed dramatic photos of what Emerald Bay looked like in 2010 compared to 2013. The first year the waters were murky, brown, full of milfoil and looked almost like any California lake. Three years later the water was nearly pristine, the lake bottom could be seen and the invasive weeds were gone.

“We didn’t find a single milfoil at the end of last year,” Swan told the nearly 80 people in attendance.

Milfoil is a massive problem for the Tahoe Keys on the South Shore. The homeowners association has four harvesters that essentially mow the prolific weed. Harry Dotson with the Keys said 12,000 cubic yards of milfoil were harvested last year.

The development of the Keys turned what was the most sensitive marsh area in the Lake Tahoe Basin into a shallow warm water system. This in turn allowed for nonnative fish to thrive.

Patrick Stone with TRPA said last year killing these fish with electronic currents took out more than 50,000 nonnatives, mostly large mouth bass and blue gills.

The message to the public is the way they can help is to become a Tahoe Keeper if they are using a non-motorized watercraft, be part of the League’s Eyes on Lake Tahoe program, and to make sure all boats are cleaned, drained and dry before entering any body of water.

Tahoe Tails – Adoptable Pets in South Lake Tahoe



Angel

Angel is an angel. She has piercing blue eyes and a beautiful tortoise-shell coat mixed with Siamese-like markings.

She is a very friendly and happy love bug. She loves to be petted and scratched. Angel is tolerant of the other cats at the shelter, so may be OK with another cat if introduced slowly with care and supervision.

Angel has been at the shelter for some time. She will blossom in a new home where she's loved and cared for.

Angel has been spayed, microchipped, and vaccinated. She is

available 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 or 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.

– Dale Payne

Editorial: Honor service with moment of silence

Publisher's note: ***This editorial is from the May 23, 2014, Seattle Times.***

America's gratitude to the men and women who gave their lives to protect our nation is genuine, though our emotional connection to Memorial Day has eroded.

Fewer and fewer people enlist and serve in the military, so the broad, common experience shared by earlier generations has frayed.

Here is a suggestion from The National Moment of Remembrance, which promotes a minute of silence to remember and honor those who have died in service to our country.

All Americans are urged to pause wherever they are at 3pm local time on Memorial Day to give thanks. A simple, elegant expression.

This Memorial Day is grabbing more headlines as the U.S. Department of Veterans Affairs draws fire over allegations that patients died while waiting for treatment. The number of VA hospitals under scrutiny has climbed from 10 to more than two dozen.

Read the whole story

Tahoe area ski professionals earn awards

By USSA

PARK CITY -– The U.S. Ski and Snowboard Association recently honored several athletes, coaches and others with awards related to the past season.

U.S. Freeskiing slopestyle coach Skogen Sprang of Olympic Valley was named coach of the year. His athletes won four medals in Sochi including a sweep of the debut Olympic men's slopestyle skiing event.

Olympic and World Champion slalom winner Mikaela Shiffrin was honored by the USSA with the Beck International Award, which is awarded to the top USSA athlete in international competition.

Former USSA President and CEO Bill Marolt was awarded the Julius Blegen Award for his lifetime of outstanding service to the sport. Marolt was responsible for 70 of the USA's 95 ski

and snowboarding medals in Olympic history.

Other winners:

- Snowboarding Domestic Coach of the Year Award – Elijah Teter
- Olympic Champion Award: Jamie Anderson of Meyers for slopestyle snowboarding, Maddie Bowman of Meyers for halfpipe skiing and David Wise of Reno for halfpipe skiing.

Snippets about Lake Tahoe



• The sale of Kingsbury Middle School in Stateline was again on the Douglas County board agenda this month. Still no buyer.

• June 8 from 10am-4pm is the 4th annual Tahoe Native Species Festival at Taylor Creek Visitor Center off Highway 89 on the South Shore.

• Husband-and-wife team David and Amy Harrison of Truckee have opened Sierra Safety Solutions to assist business owners to avoid potentially dangerous slip-and-fall accidents that can result in injury and liabilities.

• Al Tahoe residents, with the city, are organizing a beach clean-up effort at Lakeview Commons on June 14 at 9am. Meet at

Lakeview Commons in front of the concessionaire building to receive gloves and bags.

• Bluesdays returns to Squaw Valley every Tuesday evening June 17-Aug. 26. The free concerts will take place from 6-8:30pm in the Village Events Plaza.

Earmark ban not a problem for Nevada

By Amber Phillips, Las Vegas Sun

In Congress, the smoke-filled, back-room deal trading is gone. So is the more benign equivalent, the earmark.

Nevada's delegation is split about whether that's a good thing and one bill that passed Congress this week shows why.

Nevada lawmakers managed to get a major $280 million flood management project for the Reno and Sparks area authorized as one of 34 projects in a water infrastructure bill Congress approved this week.

The process took a lot more work in today's post-earmark era, where members of Congress can no longer quietly slip pet projects into legislation without consulting anyone. Nevada's share of the water bill, for example, took a decade of lobbying from the most powerful person in the Senate, Nevada's Harry Reid.

Read the whole story

Spooner offering free guided wildflower hikes

Nevada State Park rangers are leading leisurely, two-hour walks around Spooner Lake, home to more than 100 species of wildflowers, for people to learn plant names, their uses, habitats and enjoy their beauty.

Wildflower walks are June 4, June 7, June 18 and June 21. All start at 10am.

Entry fees are waived for the event. Visitors wishing to remain in the park after the event are charged as follows $8 for Nevada residents per vehicle, $10 for others.

For more info, call Bill Champion at 775.831.0494, ext. 224.