

David DeWitt – 1932-2018



David DeWitt

David Leroy DeWitt passed away on April 22, 2018, in South Lake Tahoe. He was 85.

David was born in Corona on Nov. 22, 1932. He attended school in Corona.

He started classes at Riverside City College before enlisting in the U.S. Air Force. David served four years in the USAF as a radar technician at Eglin AFB in Florida, reaching the rank of staff sergeant.

David married Joyce Self on July 11, 1953, while in service.

Returning to California, David worked for more than 35 years as a customer engineer at IBM, retiring in 1991.

David and Joyce moved to South Lake Tahoe in 1996.

A true blue Dodgers fan, David could rarely be found without his Dodgers cap.

David is survived by his wife of 64 years, Joyce; sons David (Sue) and Mark (Andrea) and his daughter Susan (Lynn).

LT Humane Society seeking logo submissions

Lake Tahoe Humane Society is putting on a logo contest.

The artwork is to represent animal welfare in the basin. It should be accompanied by a description of 100 words or less about the concept of the piece.

Requirements:

- One or two colors, preferably one.
- A symbol (something that is representative of animals, animal welfare)
- Bold in presence.
- The symbol/logo should stand on its own and not have the name of the organization incorporated with it.
- The symbol/logo should be original artwork. The winning concept will be converted to a digital file and originator must release all rights to the Lake Tahoe Humane Society.
- Concepts can be computer generated or hand drawn.
- Entries must be submitted by 5pm, May 31 to info@laketahoehumanesociety.org or at our office at 884 Emerald Bay Road, South Lake Tahoe.

Bona Fide Books changes

hands; new book coming

Bona Fide Books in Meyers has a new publisher, and a new book coming out this spring. Maeko Bradshaw recently took over the independent press from Kim Wyatt, who founded the company in 2009, specializing in nonfiction and poetry.



Maeko Bradshaw

Bradshaw, a Tahoe local, received a master's in book publishing from Portland State University. Her first release as Bona Fide's publisher, "Permanent Vacation II: 18 Writers on Life and Work in Our National Parks," will debut June 8. The second volume of this popular collection features writers from national parks all over the country, including locales like Cape Cod National Seashore and Hawaii Volcanoes National Park.

"Permanent Vacation II" can be pre-ordered **online**. Readings will be at Lake Tahoe Community College in South Lake Tahoe June 13 and at Word After Word in Truckee June 25; see the Bona Fide Books **schedule** for more information.

Books can be purchased locally at Gaia-Licious and Dharma Love in South Lake Tahoe and Word After Word, or order directly from Bona Fide Books **here**.

Tahoe Valley choir competes on high note



Tahoe Valley singers earn high marks.
Photo/Provided

The Tahoe Valley Thunderbird Choir shined at the Music in the Parks Choir Festival in April.

Students grades 3-5 traveled off the hill to Vanden High School in Fairfield on April 21 to be adjudicated for the first time. The intention was to provide the students with the opportunity and experience of performing under pressure in the presence of top quality competitors.

The result was an outstanding showing that netted the choir first place in their division as well as first place in the overall elementary choir category, and a rating of excellence from the panel of judges. For their efforts they were award

two trophies, one of which was almost as tall as many of the singers.

One budding young star, Lucia Solorzano, was selected as the most outstanding elementary vocalist. With an ear-to-ear smile, she was recognized in front of the entire auditorium for her outstanding performance.

“I had a feeling we would perform well, but these kids blew me away, then to have the adjudicators verify that it wasn’t just me being biased was just awesome,” said choir director Allyssa Little. “All of the work to make this trip possible instantly seemed more than worth it when we saw the smiles on the kids’ faces and when we got to experience the excitement at the school when they saw our trophies.”

This also wouldn’t have been possible without the help of many teachers at Tahoe Valley and parent chaperones.

– *Provided to LTN*

Study: Night owls may have 10% higher risk of early death

By Kristen Knutson and Malcolm von Schantz, The Conversation

Do you wake up bright eyed and bushy-tailed, greeting the sunrise with cheer and vigor? Or are you up late into the night and dread the sound of your alarm clock? We call this inherent tendency to prefer certain times of day your “chronotype” (chrono means time). And it may be more than a scheduling issue. It has consequences for your health, well-

being and mortality.

Being a night owl has been associated with a range of health problems. For example, night owls have higher rates of obesity, high blood pressure and cardiovascular disease. Night owls are also more likely to have unhealthy behaviors, such as smoking, alcohol and drug use, and physical inactivity.

We study the health effects of being a night owl. In our recent study published in *Chronobiology International*, we found even worse news for the owls of the world: a higher risk of early death.

Your very own biological clock

Our bodies have their own internal time-keeping system, or clock. This clock would keep running even if a person were removed from the world and hidden away in a dark cave (which some dedicated researchers did to themselves years ago). We believe these internal clocks play an important role in health by anticipating the time of day and preparing the body accordingly.

For example, as humans, we typically sleep at night, and our bodies start preparing for our habitual bedtime even before we try to fall asleep. Similarly, we eat during the day, so our body is prepared to process the food and nutrients efficiently during the daytime.

Our chronotype is also related to our biological clock. Morning larks' biological clocks are set earlier. Their habitual bedtimes and wake times occur earlier in the day. Night owls have internal clocks set for later times. But are there any problems related to being a lark or owl, other than scheduling difficulties? Research suggests that there are; night owls tend to have worse health.

And, in our study, we compared risk of dying between night owls and morning larks. In this study, death certificates were

collected for an average of 6.5 years after the initial study visit to identify those who died. We found that night owls had a 10 percent increased risk of death over this six-and-a-half year period compared to larks. We also found that owls are more likely to have a variety of health problems compared to larks, particularly psychiatric disorders like depression, diabetes and neurological disorders.

The switch to daylight saving time in the U.S. (or summer time in the U.K.) only makes things more difficult for night owls. There are higher rates of heart attacks following the switch to daylight savings, and we have to wonder if more night owls are at risk.

Why do night owls have more health problems?

We researchers do not fully understand why we see more health problems in night owls. It could be that being awake at night offers greater opportunity to consume alcohol and drugs. For some, being awake when everyone else is sleeping may lead to feelings of loneliness and increased risk of depression. It could also be related to our biological clocks.

As explained above, an important function of internal biological clocks is to anticipate when certain things, like sunrise, sleep and eating, will occur. Ideally, our behavior will match both our internal clock and our environment. What happens when it doesn't? We suspect that "misalignment" between the timing of our internal clock and the timing of our behaviors could be detrimental over the long run.

A night owl trying to live in a morning lark world will struggle. Their job may require early hours, or their friends may want to have an early dinner, but they themselves prefer later times for waking, eating, socializing and sleep. This mismatch could lead to health problems in the long run.

What can owls do?

It is true that someone's "chronotype" is (approximately) half determined by their genes, but it is not entirely preordained. Many experts believe that there are behavioral strategies that may help an individual who prefers evening. For example, gradually advancing your bedtime – going to bed a little earlier each night – may help to move someone out of the "night owl zone."

A gradual advance is important because if you try to go to bed two to three hours earlier tonight, it won't work, and you may give up. Once you achieve an earlier bedtime, maintain a regular schedule. Avoid shifting to later nights on weekends or free days because then you'll be drifting back into night owl habits. Also, avoiding light at night will help, and this includes not staring into smartphones or tablets before bed.

On a broader scale, flexibility in work hours would help to improve the health of night owls. Night owls who can schedule their day to match their chronotype may be better off.

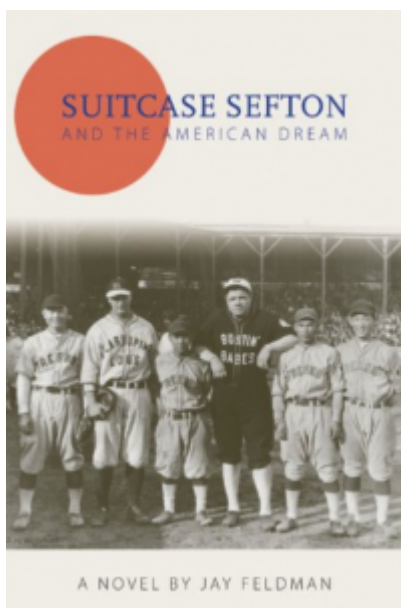
It is important to make night owls aware about the risks associated with their chronotype and to provide them with this guidance on how to cope. We researchers need to identify which strategies will work best at alleviating the health risks and to understand exactly why they are at increased risk of these health problems in the first place.

Kristen Knutson is an associate professor of neurology at Northwestern University and Malcolm von Schantz is a professor of chronobiology at University of Surrey.

LTN Book Club: Baseball and internment camps – great read

By Kathryn Reed

It was the summer of 1942 and life for those of Japanese descent living in the United States had been upended when they were sent to internment camps. A few pleasures, though, were possible – with baseball being one of them.



Jay Feldman weaves a tale of history, love and the American pastime into an easy to read novel. “Suitcase Sefton and the American Dream” (Triumph Books, 2006) doesn’t gloss over the hardship of living in the camps, but it also doesn’t delve too deep as to make this a downer.

While this is a work of fiction, it didn’t surprise me a guy not from the West Coast didn’t know about the camps. He got an education and some readers might as well.

As for the baseball element, well, even non-fans are bound to find some aspects interesting – like the color barrier and icons like Joe DiMaggio leaving the ball club to enlist in the military.

Mac “Suitcase” Sefton is a scout for the New York Yankees. A freak accident cut his playing days short, but he was able to stay in the game looking for prospects. In many ways it was a lonely existence being on the road, going from one small town to the next looking for boys who might one day make it to the

Major Leagues.

It was a glimpse into a segment of baseball during an era I really knew nothing about. It was a simpler time then. Guys would sign for \$100 and then see how they did in spring training.

Feldman does a good job of moving the story line along, even if at times it's rather simplistic and a bit predictable. It was a book I actually looked forward to reading each night.

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Notes:

- The next *Lake Tahoe News* Book Club read will be “The Doomsday Machine: Confessions of Nuclear War Planner” by Daniel Ellsberg.
- “Suitcase Sefton” questions: Was Suitcase’s character believable? Did the book minimize the internment camps or bring awareness to them? How in your life has sports been a bridge between people?

Free talk about taking care of mental well-being

The next Barton wellness lecture is titled Taking Care of Your Mental Well-being.

The free talk will be May 10 starting at 6pm in the board room at Lake Tahoe Community College.

Marianna Randolph will talk about:

- What is mental health and how does it impact you?
 - What can you do to address mental health issues?
 - Explore common mental health conditions: depression, stress, anxiety and bipolar disorder.
 - Tips on how to prioritize your mental health.
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Tahoe Tails – Adoptable Pets in South Lake Tahoe



Tundra

Tundra is a large 2-year-old Husky/Malamute mix. He loves to play with other dogs. He has great manners, except when it comes to cats, chickens, and other small animals.

He spent part of this past Saturday at the Earth Day celebration, and enjoyed meeting lots of people and dogs, plus he posed for photos with Smokey Bear. Tundra likes treats and will eagerly sit, shake hands, lie down, and roll over for

them.

Tundra is neutered, microchipped, tested for heart worm, and vaccinated. He is at the El Dorado County Animal Services shelter in Meyers, along with other dogs and cats who are waiting for their new homes. Go to 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**.

– Karen Kuentz

Essay contest open to STHS students

Unity at the Lake is sponsoring an essay contest for all students at South Tahoe High School.

The essay, titled "How I Make a Difference," should explore what these words mean to the student and how they have incorporated them or intend to incorporate them into their life.

Unity will select a winner from each grade level, with a cash prize of \$500 for each winning essay.

Essays should be between 400 and 600 words, double spaced with 14-point font, and emailed to unityatthelake@sbcglobal.net. The deadline for submission is May 15.

Travel gurus get a dose of leadership reality



Tina Sampson with Vail Resorts talks leadership to a group of travel experts. Photo/Kathryn Reed

By Kathryn Reed

STATELINE – “High-functioning teams lead to high-performing organizations.”

That was one of the messages delivered by Tina Sampson, vice president of sales for Vail Resorts. She was a speaker this month at the Mountain Travel Symposium at Harrah’s Lake Tahoe. Her topic – Leadership for Innovation.

She was there to put a hammer to the belief that culture building should be considered “soft stuff.”

"We believe innovations begins with culture," Sampson said of the Colorado-based company that has three ski resorts in the Lake Tahoe area. "We believe superior financial performance is unlocked through leadership."

She said that Vail Resorts CEO Rob Katz has said he is not striving to be the best ski or travel company, but instead is working to be the best leadership company in the world.

A title does not make one a leader. Leadership is a journey.

"You have to make a priority for this soft stuff," Sampson said.

Sampson had the group of more than 50 people answer 18 questions/statements related to their work teams with "rarely," "sometimes," or "usually." Questions ranged from: Morale is significantly impacted by the failure to achieve team goals to team members acknowledge their weaknesses/mistakes.

The scores indicated whether an area was probably not a problem for the team, could be a problem or an issue needs to be addressed.

"If you have high trust, you should have high conflict," Sampson said.

Sampson had a handout that said high-functioning teams are ones whose members:

- Trust one another on a fundamental, emotional level, and are comfortable being vulnerable with each other about their weaknesses, mistakes, fears, and behaviors.
- Use conflict as a catalyst.
- Share a strong sense of identity.
- Exercise superior levels of participation, cooperation,

and collaboration in making decisions.

- Set aside their individual needs and agendas and focus almost exclusively on what is best for the team.
- Have high levels of personal and interpersonal mastery, resulting in high group emotional intelligence.