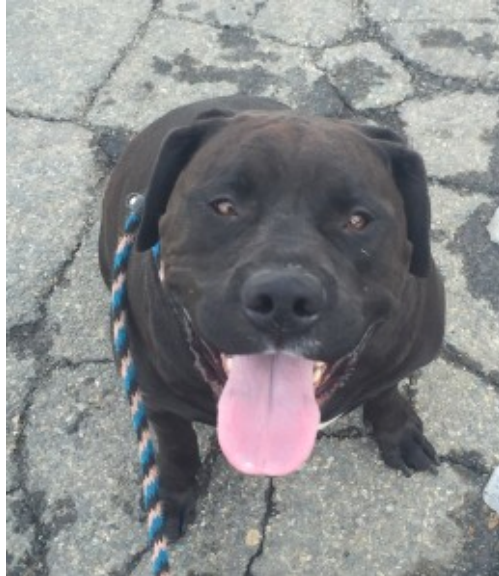


Tahoe Tails – Adoptable Pets in South Lake Tahoe



Cyrus

Cyrus is a special 2-year-old black Lab mix, and he'll need a special new home. His previous family loved him very much, but fell on hard times and wasn't able to keep him any longer.

Cyrus arrived at the shelter very shy and confused, and avoided any contact with people. With lots of gentle attention from staff and volunteers, Cyrus is starting to come out of his shyness and even wags his tail sometimes. He is still not comfortable at first with strangers, but warms up eventually. Come take Cyrus for a walk and watch him start to look for pets. He loves other dogs and would be happiest in a home with another dog to play with.

Cyrus is neutered, microchipped, tested for heart worm, 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 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

3 tips to limit mosquito bites

By Mary Bowerman, USA Today and Chris Hrapsky, KARE-TV

As the mosquito-borne Zika virus spreads quickly through the Americas, medical experts are encouraging people to try to limit their exposure to mosquitos.

But as anyone who's come home from vacation or summer camp covered in itchy bumps knows, preventing mosquito bites is sometimes easier said than done.

"The first thing is avoiding the bite," according to Ron Harrison, an entomologist for Orkin. "That means wearing clothing and using protectants."

Read the whole story

A diet and exercise plan to

lose weight and gain muscle

By Gretchen Reynolds, New York Times

If there is a holy grail of weight loss, it would be a program that allows someone to shed fat rapidly while hanging on to or even augmenting muscle. Ideally, it would also be easy.

A new study describes a workout and diet regimen that accomplishes two of those goals remarkably well. But it may not be so easy.

For most of us, losing weight and keeping it off is difficult. If you consume fewer calories than your body requires for daily operations, it turns to internal sources of fuel. Those sources consist of body fat and lean tissue, meaning muscle. When someone on a diet drops a pound of body mass (a measure that does not include water), much of that pound consists of fat. But about a third or more can be made up of muscle.

Read the whole story

Genoa Cowboy Festival embrace Western culture

The seventh annual Genoa Cowboy Festival will be April 28-May 1.

This year's event will feature performances by some of the best-known entertainers in Western music and cowboy poetry, including Ian Tyson, Wylie & Wild West, Mike Beck, Richard Elloyan, Trinity Seely, Andy Hedges, Larry Maurice, and many more.

Other festival events include: Chautauqua performances; a birding nature walk at the River Fork Ranch; a Birds and Buckaroos in the Carson Valley photography show at the Nature Conservancy's Whit Hall Interpretive Center; and a festival tour special at the Dangberg Home Ranch Historic Park throughout the weekend.

The Genoa Cowboy Festival is a blend of entertainment, heritage and Western culture.

This year's event is free to the public and also features cowboy mercantile crafts and clothing, Western art exhibits, pioneer and Old West living history re-enactors, and a variety of food from popular local eateries.

For tickets to evening concerts and more information go **online**.

Waving goodbye to the lumberjack

By Wilson Ring, AP

In the snowy woods of northern New England and other forested parts of the country, the lumberjack is an endangered species.

As high-tech machinery replaces chain saws, which themselves replaced the ax, a generations-old way of life is disappearing, one that historically saw fathers pass on to their sons their love and knowledge of the woods and the independence that came from working for oneself.

Ken Davis feels this keenly as he reaches retirement age after a half-century career with no one to pass the torch to.

Davis once employed 19 people full-time to cut the wood, haul it and then truck it, sometimes to his log yard, other times directly to the now-disappearing mills across Vermont, New Hampshire, Maine and upstate New York that would turn it into lumber or process it into paper. He now employs seven, and has no sons. His daughter and son-in-law tried it for a while, but they didn't keep at it.

"I've got the sawdust in my veins, and they don't make a dialysis machine to get it out, so I'm still here," Davis said recently at his log yard in the town of Hardwick, in an especially rural region Vermonters call the Northeast Kingdom.

None of Davis' employees are showing interest in taking over his business. It's the same story across the region, said Michael Snyder, commissioner of the Vermont Department of Forest, Parks and Recreation.

"It's dangerous, it's hard to make a living and everybody hates you," Snyder said of logging. "Who's signing up for that?"

The arguments for not becoming a logger are solid.

For one, there's just not as much demand for paper and other wood products because of low commodity prices and international competition, making it less secure than it once was. It's physically and – yes – intellectually demanding work that increasingly requires special skills to run hugely expensive, high-tech machinery. And because of that machinery, capital investments needed to get started can be prohibitive.

The renaissance that farming has undergone in recent years, with an emphasis on food systems and sustainable agriculture, hasn't brought the same energy to logging. In many quarters, loggers are still seen as despoilers of the land. But Snyder noted that while forests can do just fine on their own, logging can support their health by weeding out infestations and invasive species.

Logging entails a number of jobs, including fallers, who cut down trees by hand – essentially, lumberjacks; operators of machinery used to fell trees; and graders and scalers, who check the amount and quality of the wood. The number of all logging workers is expected to fall only 4 percent from 2014 to 2024, from 53,700 to 51,700, according to Bureau of Labor projections.

Nationwide, the number of fallers is projected to decline 17 percent over the same period, from 8,200 in 2014 to 6,800 in 2024.

With the industry becoming more mechanized, the number of equipment operators is expected to stay about the same, with graders and scalers declining 2 percent and all other logging workers falling 7 percent.

“We need forest operations technicians; we don’t need loggers anymore,” said Dana Doran, executive director of the Professional Logging Contractors of Maine.

“Today you are running a half-million, \$600,000 machine, and not only do you need to operate it, you’ve got to read GPS and computer-based technology equipment, you’ve got to be able to service and maintain that equipment, you have to know forestry, environmental law, best management practices, tree identification,” Doran said.

Across the region, efforts are underway to bring along young loggers. The Vermont Technical College in Randolph helps train forest technicians. In Maine, the industry is backing a plan to train logging technicians in community colleges.

In the Northeast Kingdom, one of Davis’ workers, 31-year-old Aaron Martin, said he likes the freedom of working outside in different places. He has been logging for 10 years, but few of his friends have been drawn to the life, he said: “They don’t like being out in the cold.”

But as much as he likes his work, he has no interest in being the boss.

“With that comes its own headaches,” he said. “It’s nice to be able to work for somebody else and not deal with all the stress that comes with paying all the bills and everything that goes with it, finding the next job.

“I just go to work and do what I’m told. It’s a lot simpler that way.”

SLT library seeks donations for book sale

South Lake Tahoe Friends of the Library is requesting donations of books and audio/visual materials for an upcoming book sale.

Materials in good condition and with a copyright date no earlier than 2006 will be accepted. Especially needed are recent children’s books and children’s DVDs, as well as items in Spanish.

All donations are tax deductible, with receipts available from the front desk. All proceeds from the book sale go to Friends of the Library to support various library programs and events for children and adults.

The South Lake Tahoe Branch Library is open Tuesday and Wednesday from 10am to 8pm, and Thursday through Saturday 10am to 5pm.

For more information, call 530.573.3185.

Once free Burning Man now costs big bucks

By Jenny Kane, Reno Gazette-Journal

Can you believe Burning Man used to be free?

Not anymore. Burning Man ticket prices are here, and Burners will have to dish out extra dollars—some more than others – to attend Burning Man 2016. Tickets will cost between a minimum of \$207 apiece and a maximum of \$1,308 apiece, including taxes.

Burning Man announced Wednesday evening that tickets would increase in cost due to Nevada's recently amended live entertainment tax and the increasing cost of operating the annual, weeklong event in Northern Nevada's Black Rock Desert.

Read the whole story

Watercolorist to give demo in South Lake Tahoe

Gina Lijoi will give a demonstration in watercolors at the Tahoe Art League's Feb. 10 meeting.

Lijoi, a signature member of the California Watercolor Association and member of numerous watercolor societies throughout the country, grew up in West Virginia and spent

many summers in Italy. She now resides in Reno. She has studios in Reno and Italy.

Lijoi's paintings emphasize the importance of shadows, incorporating color and interest without overpowering her art. Her skills in composition, combined with interesting shadow effects, make her paintings come alive.

The Tahoe Art League meets the second Wednesday of each month at 6pm at the South Lake Tahoe Senior Center.

Liberty has money for student scholarships

Liberty Utilities is offering academic scholarships to eligible high school and college students within its service territory.

The eight schools participating in the fourth annual scholarship program are South Tahoe High School, Loyalton High School, Douglas High School (students residing in Alpine County only), Coleville High School, North Tahoe High School, Truckee High School and Portola High School, as well as Lake Tahoe Community College.

The seven high school scholarships are \$500 each. High school seniors must have a minimum unweighted gpa of 2.5 and be accepted to an accredited four-year or two-year university or college or an accredited vocational school. They also must have some community service experience in the community which they reside.

The Lake Tahoe Community College scholarship is \$750. Those

students are eligible for the scholarship if they have a current 2.5 gpa or higher, and have completed at least 18 quarter units at LTCC. They must be enrolled in LTCC's upcoming fall quarter, and have demonstrated leadership through school and/or community service experiences within the community they reside.

Interested students should contact their school's financial aid office or counselor to find out more about the scholarship and to obtain an application. The individual schools have different deadlines, but all scholarships will be awarded starting mid-May through the end of June.

Task force: Docs should screen for depression

By Carina Storrs, CNN

Have you felt down a lot in the last couple of weeks? How often have you felt tired or felt as if you couldn't concentrate?

These are some of the questions your doctor might ask to determine if you are at risk of depression. And if new recommendations by the U.S. Preventive Services Task Force are followed, primary care physicians will do this type of depression screening for all adult patients at least once.

The recommendations by the task force, an independent expert panel, update its 2009 advice in two important ways: First, everyone 18 and older should be screened, the panel said – and not just at clinics where systems are in place to connect at-risk individuals to mental health care. Second, primary care

doctors should screen women who are pregnant or have recently given birth, two groups not included in earlier recommendations.

Read the whole story