

Alice Waters wants to change aging in America

By Laura Hambleton, Washington Post

Alice Waters has helped change the way Americans eat. Chez Panisse, her restaurant in Berkeley, began serving organic, locally harvested food when it opened in 1971 and Waters, now 69, was a mere 27 years old. Today, Chez Panisse is consistently named one of the top 50 restaurants in the world.

Waters has tried to get Americans to rethink what they eat, promoting everything from the slow-food (as opposed to fast-food) movement to more-nutritious school lunches. Her ninth cookbook, "The Art of Simple Food II," has just been released.

Waters said she isn't slowing down, though she is contemplating new endeavors: "I want to find the people who have the same set of values [as I do] and really want to make change happen in public education."

She recently spoke to the *Post* about aging, and how it feels to grow older.

I feel like old age in America is a very sad thing. I have been many different places around the world where getting older is something you look forward to. You have an opportunity to be someone who is respected, someone who is contributing to life in a very important way. That's not happening in this country.

Read the whole story

Book examines extreme food choices

By NPR

Author Dana Goodyear has spent a lot of time dining with foodies who champion bugs as a meal. And horses. And brains. Whales. Leaves. Weeds. Ash. Hay. Even plain dirt.

Goodyear, a staff writer for the *New Yorker*, set out to document the outer bounds of the extreme food culture that has taken hold among American foodies. Their quest for ever more exotic, challenging ingredients, she says, is raising fundamental questions about the nature of food itself and the assumptions that underlie what we view as acceptable to eat.

“The food movement is starting to challenge those [assumptions] in a pretty serious way,” Goodyear tells NPR’s Rachel Martin. “I wanted to see what the basis of the taboos is, and what it looks like when people start to question them.”

Her new book, “Anything That Moves: Renegade Chefs, Fearless Eaters and the Making of a New American Food Culture”, documents this transformation of modern food culture.

Read the whole story

Tahoe Tails – Adoptable Pets

in South Lake Tahoe



Raven

Raven is one of the few kittens at the shelter. He just arrived from the Placerville shelter.

He is so friendly and playful that he'll fit into just about any household. And look at his smile! Raven is 4 months old and very sweet.

Raven is neutered, microchipped, 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 online 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

Choirs to perform 'For the Love of Music'

Tahoe Choir and Lake Tahoe Community College Chorus will be putting on two performances of "For the Love of Music."

The first is Dec. 7 at 7:30pm in the Duke Theater at Lake Tahoe Community College in South Lake Tahoe.

The next performance is Dec. 8 at 3pm at St. Theresa Catholic Church, 1041 Lyons Ave., South Lake Tahoe.

The cost is \$10 for adults and \$8 for students/seniors.

Isolation doesn't have to be a permanent state

By Christian E. Megrelis

Emotional isolation is a growing problem, with more than one out of three adults aged 45 and older describing themselves as chronically lonely, up from one out of five a decade earlier.

The contributing factors are easy to identify: high unemployment; marriage rate at a historic low; increased reliance on technology over face-to-face communication.

The main problem of tomorrow is that people are becoming inwardly focused and cut off from their neighbors.

The global crisis is not only economical but individual. Especially in the industrialized nations, we are pulling farther away from our human connections to our own detriment.

Emotional isolation, which is on the rise according to a 2010 AARP study, has been found to cause or exacerbate a number of diseases, from Alzheimer's to cancer, and is as high a risk factor for mortality as smoking.

There's quality of life to consider as well. Lonely people are not happy people, hence the increased stress that causes physical illness. But we can change, individually and collectively, if we heed the wisdom that has endured for 2,000 years.

Here are five time-tested steps anyone can take to reconnect and restore happiness:

- Work on loving everyone – from the stranger on the bus to your worst enemy. This is difficult, I admit, but you don't need to do it perfectly to see the benefits. How does one take this from intellectual concept to practice? With humanitarian acts. Stop and help the person who has fallen down. Smile and say something kind to the harried store clerk. And give – not just what's easy to give, like the old clothes you no longer wear. Share your money, your time, your resources.

- Don't judge! Another that's deceptively simple but gets easier with practice. Passing judgment on others is actually a very selfish act; we do it in order to feel better about ourselves, but it really isn't effective in that regard. When you catch yourself commenting negatively about someone else, whether loud or in your mind, stop yourself and consider your own flaws. Honesty demands you focus on and correct those before your neighbor's.

- Forgive. Holding a grudge or seeking revenge for perceived wrongs is a primitive impulse response. Forgiveness is a cerebral sentiment that comes from the cortex of the brain – the source of reason. Reason is what allows us to resist dangerous primitive impulses in able to achieve more far-sighted objectives, such as social life, which is impossible

without forgiveness.

- Do good that makes a difference. Feeling we have no purpose in life or being unsure what our purpose is can lead to despair or indifference often resulting in sterile ambition, delusion or conceit, all of which serve to isolate us from others. We all have a purpose, whether or not it's easily discernible. Whatever place is yours in society, bring your brick every day to the never-ending construction of a happier world and you will quickly recognize your purpose.

- Have faith. You don't have to subscribe to a particular religion or follow dogmatic rules to have faith. It's actually harder than that. Faith is the belief that there is something greater than us, the creator of the world in which we live, guiding all with an order and a purpose. Faith may be – and often is – marked by periods of doubt, but it should be the compass to which you return. Faith brings with it a connection to all other living things.

Achieve, or at least work toward, these five steps and the result will be hope.

Hope is happiness – a state of mind that transcends ordinary happiness.

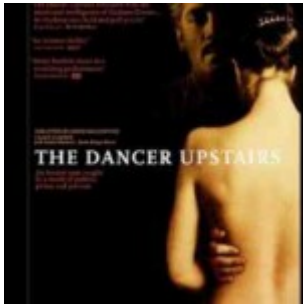
Christian E. Megrelis has master's degrees in engineering, business and political studies. He is the founder of Exa International, a multinational engineering company, and vice chairman of the International Union of Economists. He is also the former vice chair of the United Bible Societies, a major world publisher of the Bible.

'The Dancer Upstairs' delves into Peru's past

By Kathryn Reed

Anyone who has read anything about Peru knows it is a country that has a history of corruption and violence.

Author Nicholas Shakespeare tapped into that history in "The Dancer Upstairs", a novel that was published in 1995. While it is fiction, Shakespeare finds inspiration from the notorious Shining Path guerrilla group.



Having lived in South America and being a journalist adds to Shakespeare's ability to capture what it was like during this turbulent, violent time in Peru.

Shakespeare based the novel on what really happened with Abimael Guzmán, the leader of Shining Path – right down to the dance studio.

"The Dancer Upstairs" was turned into a movie in 2001, which I have not seen.

The book is full of suspense, drama and tangled relationships.

I'm not sure if it was my spells of not picking up the book or the author not writing clearly, but at times I was confused about what was going on. I'm guessing the reader and not the writer was the problem.

The book goes back and forth between real time and the cop telling a journalist about how the notorious crime leader was caught.

I pushed forward with reading because the plot was intriguing. And even though the story isn't true, I'm sure having been to Peru had something to do with the book captivating me on a deeper level.

Proper ash disposal can prevent unwanted fire

By Teri Mizuhara

All around town we see smoke rising from chimneys, signaling the arrival of fall with crisp days and cold evenings.

If you have a wood burning stove or fireplace, you know the drill well as you find yourself scraping out the old ashes that have accumulated as you burn firewood to heat your home.

If you properly dispose of the ashes from your fireplace or wood burning stove and place them in a metal can, you won't risk burning your property or that of your neighbors.

"Can your ashes" means when you clean your fireplace or wood burning stove make sure you place the hot ashes into a metal can or container so you can safely transport them outside.

Proper ash disposal tips:

- When cleaning your fireplace or wood stove, always place your ashes in a metal container, never use a paper or plastic bag or cardboard box.
- Put the metal container outside and immediately pour water into the can to cool any hot embers. Coals or pieces of wood can smolder for days.
- Stir the water into the ashes with a stick, making sure

everything is cold.

- Cover the container with a lid and store the metal container away from flammable materials.
- If you vacuum your ashes it is critical that you make sure you use an appropriate “ash vacuum” which is specially designed to hold hot and cold embers. Never, ever use your regular home vacuum.
- Never place ashes from your wood burning stove in your garbage can as they will catch your garbage can on fire.

Teri Mizuhara works for the Amador-El Dorado unit of CalFire.

Chamber bestows awards on its members

The Lake Tahoe South Shore Chamber of Commerce’s 2013 Blue Ribbon Award winners were announced Nov. 14.

More than 175 nominations were received for the eight categories.

The winners are:

Experience Award – Lake Tahoe Yoga

Honorable Mention: Ciera Steak & Chophouse

Tourism – Bike the West

Honorable Mention: Edgewood Tahoe

Geotourism – Tahoe Area Mountain Bike Association

Honorable Mention: Lake of the Sky Outfitters

Entrepreneur – Tahoe Sports Entertainment

Honorable Mention: The Divided Sky

Customer Service – Luke Bronken, Lakeside Inn

Honorable Mention: Elfie Klementi, Harrah's & Harveys

Public Agency Service – Leah Brown, Child Protective Services

Honorable Mention: Debbie Beam, Douglas County

Large Green Business – Sierra-at-Tahoe Resort

Honorable Mention: Zephyr Cove Resort

The Wendell Award for a Small Green Business – Tahoe Beach & Ski Club

Honorable Mention: Clean Tahoe Program.

**Kennedy killing told from
hospital perspective**



By Jeremy Miller

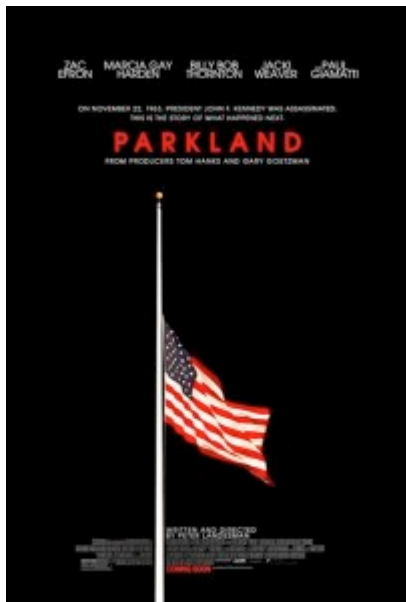
It's always entertaining to see a period piece on major historical events. What set Peter Landesman's vision of JFK's assassination apart was the fact that it was from the vantage point of the doctors, secret service and bystanders from the day of the event. "Parkland", starring Zac Efron, Billy Bob Thornton, Paul Giamatti and Marcia Gay Harden, is a sleeper cast of incredible and unpredicted power.

I'd like to open this review by saying that I am not Efron's biggest fan, but he actually impressed me in this one.

On Nov. 22, 1963, the staff of Parkland hospital was flooded with chaos as the president of the United States was wheeled in on a stretcher after being shot while driving in a motorcade. Dr. Charles "Jim" Carrico (Efron) was given the unbearable pressure of saving his life. The film follows the action in the hospital while also following Abraham Zapruder (Giamatti) who happened to be filming the entire event closer than anyone. The film he took ended up being the most watched and examined piece of film in U.S. history.

While dealing with the pressure of the press to release the film, he's also faced by the Secret Service and their Dallas front man Forrest Sorrels (Thornton) whose story is also followed.

As the three stories intertwine, emotions run high and tension is almost overbearing. I loved this film because it showed what happened after the event, not the events leading up to it. I knew going in that it would be momentarily powerful due to the subject matter, but what I didn't suspect was that the cast and characters would move me as much as they did. The tone of the film was perfect; it had a wonderful vintage film stock feel and captured the era exactly as I would imagine it was. The dialogue was captivating and at the same time sentimental and true to the characters. It never preached or dictated and didn't feel artificial.



The only reason this piece didn't score five stars was the fact that its ending was abrupt and left a bad taste in my mouth. I'll leave the details out, but for me a film's ending is make or break and this one wasn't a complete break, but I felt the film's momentum came to a halt way too fast.

One thing that I did love was the fact that they included several clips from the actual shooting, while keeping it tasteful and not bluntly showing the gory details – same thing with the situation in the hospital. They did a great job giving you just enough to know what was going on, but not so much that it turned your stomach or gave it all away.

Overall, it was a great film and for me it was all about the actors' power. Giamatti absolutely stole the show. He had me tearing up countless times, and most definitely deserves the credit for driving the piece emotionally as far as the acting goes. It was a limited theatrical release, unfortunately, so it wasn't seen by as many as it should have. It's just been

released to DVD and I highly recommend you see it.

South Lake Tahoe resident Jeremy Miller has more movie reviews online.

Actors for ‘Robinson Crusoe’ being sought

Tahoe Arts Project will be bringing the Missoula Children’s Theater back to Tahoe the week of Nov. 18-23.

Auditions for the Missoula Children’s Theatre original adaptation of “Robinson Crusoe” are Nov. 18 at South Tahoe Middle School multipurpose room from 4-6pm. Those auditioning should arrive at 4pm and plan to stay for the full two hours. Some of the cast members will be asked to stay for a rehearsal immediately following the audition.

Among the 60 roles to be cast are Robinson Crusoe, his sole companion, a goat named Wilson, Leonard the Leopard, Friday’s Family, the Oscar Octopus Octet, a family of Goats, the very hairy Frowny-Face Tribe, and the colorful Chameleons.

All student in K-12 are encouraged to audition. No advance preparation is necessary.

Assistant directors will also be cast to assist with the technical aspects of the production.

Auditions are free and if cast there will be a fee of \$50 per child to participate in this weeklong theater program. A limited number of scholarships are available.

Call Peggy Thompson at (530) 542.3632 for more info.

"Robinson Crusoe" will be presented on Nov. 23 at 2pm and 6pm at South Tahoe Middle School. Admission is \$10 for adults and \$5 for children and seniors.