

North Shore film series begins with climb in Canada

Alpenglow Sports' first installment of the 2013-14 Winter Film Series is Nov. 14.



Opening pitches on Asgard with headwall above.
Photo/Provided

Local Dave Nettle will kickoff the eighth year of the event at Squaw Valley's Olympic Village Lodge. He will entertain the audience with a fast-paced and humorous account of his most recent climbing expedition to Baffin Island, which is in the remote northeast corner of Canada.

"Baffin Island: Free Climbing in the Far North" will serve as a visual road trip to an area that most climbers only dream about.

The Tahoe City shop puts on the shows for free. This one starts at 7pm.

For more info, call (530) 583.6917.

Exercise may be the best relief for achy knees

By Patti Neighmond, NPR

If you're among the estimated 27 million Americans who suffer from osteoarthritis of the knee or hip, then perhaps you've tried the nutritional supplements glucosamine and chondroitin. They've been marketed for joint health for about 20 years, and sales are still brisk. But do they help?

Some horses might say yes. The supplements were first tried in horses, and there's some evidence that the supplements might improve joint function for them.

Glucosamine and chondroitin are also marketed to dog owners. But what about us humans? Unfortunately, researchers say that for us the results just don't match the glowing testimonials.

It would seem to make sense that glucosamine and chondroitin could help. They're both natural substances found in cartilage, that hard connective tissue that pads joints.

Glucosamine is an amino sugar that may help renew cartilage, and chondroitin sulfate is a complex carbohydrate that is thought to help cartilage retain water. Arthritis causes pain, swelling and stiffness in joints and damages cartilage over time. So the thought was maybe extra glucosamine and chondroitin could help maintain and even repair the damage.

Read the whole story

Halloween stories to be told at library

Tilly the Witch (aka Carol Nageotte) will be telling scary stories at the Douglas County Public Library in Zephyr Cove on Oct. 30 at 6pm.

Dress in a Halloween costume for this special storytime. Children will receive a Halloween treat to take home.

Children ages 4 and up will listen to Halloween stories from the library's collection including a flashlight story. Tilly the Witch will end the program with her favorite poem, "Spider on the Floor."

The Douglas County Public Library is located at 233 Warrior Way in Zephyr Cove.

Odds gamblers will win – 30%

By Mark Maremont and Alexandra Berzon, Wall Street Journal

The casino billboards lining America's roadways tantalize with the lure of riches. "Easy Street. It's Only a Play Away," screams one in Arizona. "\$7.1 Million Every Day. We're a Payout Machine," reads another.

But how often do gamblers really win? What are the chances that a gambler will win on a single day or over a longer period? Don't bother to ask the casinos. Although they gather

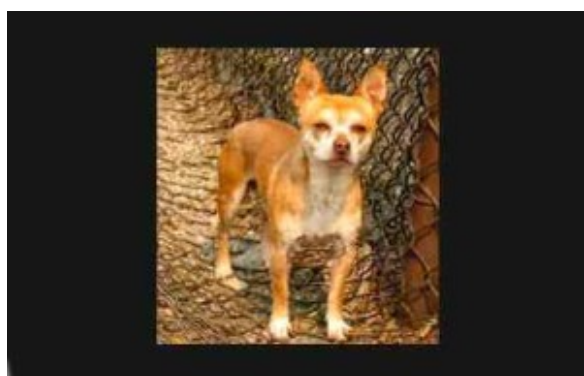
vast quantities of data about their customers for marketing purposes, including win and loss tallies for many regulars, casinos keep such information a closely-guarded secret.

Now, thanks to an unprecedented trove of public data detailing the behavior of thousands of Internet gamblers over a two-year period, the *Wall Street Journal* can provide some answers.

On any given day, the chances of emerging a winner aren't too bad – the gamblers won money on 30 percent of the days they wagered. But continuing to gamble is a bad bet. Just 11 percent of players ended up in the black over the full period, and most of those pocketed less than \$150.

Read the whole story

Tahoe Tails – Adoptable Pets in South Lake Tahoe



Rolo

Rolo probably has a few different little dogs in his background, but we're guessing Chihuahua and maybe a little Boston terrier, with those perky ears.

Rolo is 2 years old, is pretty well house trained, and very affectionate. He likes most other dogs, but would like to meet yours before going home. He even likes cats. He is a very sweet little boy who would fit into most families well.

Rolo 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

Dogs strut through S. Tahoe with their people



AJ has no problem helping herself to treats along the Mutt Strut route. Photos/Kathryn Reed

By Kathryn Reed

Mutts of all kinds – and a few pure breeds – strutted their stuff as they paraded through South Lake Tahoe on Sunday.

With the temperature close to freezing at the start of the ninth annual Mutt Strut, dogs and their people were bundled up for the 1.3-mile walk from the library to the beach at Timber Cove. By the time the beach party started, the sun was out, and dogs kept sniffing and playing.

Labradoodle, pit bull, King Charles Cavalier, bulldog, Bassett, collie, Cockapoo, Dachshund and many other breeds were represented.

Although their people were collecting a poker hand along the route, the day was about the canines. More than 100 poker hands were sold. All the money goes to the Animal Coalition of Tahoe.

The all-volunteer group spends the bulk of the money that is raised on veterinary bills for the spay-neuter program. More than 1,500 families have benefited from these services in the last nine years.

The route of the strut occasionally changes. Some years it has been at the Y, other times on Ski Run Boulevard. This year dogs took their people from the library, through Campground by the Lake, across Highway 50 at Tallac Avenue, down Harrison Avenue to Lakeview Commons, along the beach and then back on the trail to Timber Cove.

At the finish the dogs bonded in their usual way.

Then it was time for the games. With hotdog pieces in a tub of water, it took all the strength of some owners to keep their canine from gobbling up the goods before the start. Pearl the black Lab emerged the winner.

Then it came time to see how well the four-leggeds did sitting on command as they played a version of musical chairs – only they had squares to sit on.

A wag-off was necessary to determine whose tail enthralled the people the most. Toby edged out Sadie for the title.

Colin and Susan Melville were at the Mutt Strut with their three dogs for the first time because they love doing stuff with their furry family members. Plus, Susan Melville is a volunteer at the animal shelter so she knows about the work ACT does.

Jim Burkett had no issue with having a pink leash for his bulldog.

“It’s the only way to tell she is a girl,” he said as Princess sat patiently at his feet.

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Note: Animal Coalition of Tahoe is having fundraiser Nov. 8 at Tahoe Bowl.

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Study: Yelling is as harmful as spanking

By Mari-Jane Williams, Washington Post

It's hard to discipline children. You can't hit them. Timeouts are not effective. Now, a study out of the University of Pittsburgh says yelling at teens and tweens – particularly when it involves cursing or insults – can be just as harmful as hitting. So what can you do?

Remember that the word “discipline” originally meant to teach, so look for opportunities to coach your child, not just punish him for a misstep.

“Discipline implies setting limits and boundaries,” said Vicki Hoefle, mother of six in Middlebury, Vt., and author of “Duct Tape Parenting.” “But the way we do it is, ‘I’m going to punish you when you do something I don’t like.’ It’s a completely wasted moment.”

No one wants to yell at their kids, and we usually feel bad when it happens. But most of us didn’t know it could be as damaging as the spankings we got when we were growing up.

The University of Pittsburgh study released in September looked at 967 middle school students over a two-year period. Those whose parents used “harsh verbal discipline” such as yelling, cursing and using insults were more likely to be

depressed or have behavior problems. The study found it was also not effective in getting children to stop what they were doing, and that it was damaging even to children in homes that were generally warm and loving.

[Read the whole story](#)

Lawnmower inspires others to keep Washington Mall clean

By Dan Morse, Washington Post

Chris Cox, the colorful chain-saw sculptor who has taken it upon himself to clean parts of the Mall during the government shutdown, is easy to spot: bushy beard, big South Carolina flag, oversize orange dolly that he uses to cart off garbage.

On Saturday afternoon, Cori and Dominick Langella, who had driven down from Binghamton, N.Y., walked up to him.

“You’re the reason we’re here,” Dominick said. “We’re here to support you.”

The couple and more than 200 others gathered at the Mall on Saturday to help Cox pick up garbage. Many were drawn by a cleanup rally sponsored by several groups that were motivated by the man.

[Read the whole story](#)

More money spent on adults at Halloween than kids

By Catey Hill, MarketWatch

Forget trick-or-treating. This year, the kids may be twerking for candy.

Americans will spend \$2.6 billion on Halloween costumes this season, according to data released this week by the National Retail Federation. While that's down slightly from last year, they'll still shell out \$1 billion for children's costumes, \$1.2 billion for adult costumes and \$330 million on pet costumes.

So what will we be for Halloween this year? As usual, traditional costumes like witches and Superman are among the most common for both adults and children.

The retail federation finds that 5 million adults are planning to dress up as witches, by far the most common costume for adults, followed by Batman, whom 2.9 million Americans plan to be. Other popular adult costumes include: vampire, zombie, pirate, action/superheros, Superman, Dracula and cat. For children, the most popular costumes, in order of popularity, include princess, animal, Batman, action/superhero, Spider-Man, witch, zombie, Disney princess, Superman and fairy.

While those may be the most popular costumes, you're likely to see a lot of surprising ones as well, including a twerker, meth dealer and dragon-birther. "Costumes related to TV shows are more popular than ever," says Mark Bietz, the vice president of marketing for HalloweenCostumes.com, who's seeing a ton of people buying Duck Dynasty costumes.

Read the whole story

Poets bring life to their words at LTCC reading

More than 50 people were treated to an insider's view of what it takes to be a successful and published poet

Robert Krut, winner of the 2012 Melissa Lanitis Gregory Poetry Prize and UC Santa Barbara instructor, and Patricia Smith, nationally acclaimed writer, poet, performer and distinguished visiting professor and writer-in-residence at Sierra Nevada College in Incline Village, read selections of their work before answering a variety of questions.



Patricia Smith and Robert Krut

The two read their works before an appreciative crowd at Lake Tahoe Community College on Oct. 11.

Both knew at an early age they wanted to be poets.

"I identify myself as a storyteller because the story is first and foremost," Smith said.

Both said it's necessary to treat writing like a job. Smith writes a minimum of 10 pages a day. That could be notes or

revising work. Krut makes verbal notes to himself as he makes his commute from Los Angeles to Santa Barbara. They find inspiration for their work wherever they are, no matter what they are doing.

Krut said one poem evolved from a collection of random texts he sent himself while standing outside a glitzy nightclub.

Krut's "This is the Ocean" was released by Bona Fide Books in Meyers on Friday. It is available online.

Smith's latest book – "Shoulda Been Jimi Savannah" – came out this year. Her books are also available online.

– Lake Tahoe News staff report