

‘Government Control of News’ – book outlines chilling reality

By Kathryn Reed

Should the federal government be in the business of regulating news?



An emphatic exclamation point filled “no” would be my answer. But it has been and could be again.

Broadcasters until 1987 were subjected to the Fairness Doctrine. This in many ways a direct slap across the face to the Founding Fathers who in the First Amendment protected a free press.

Network television is different than cable stations because the latter are not licensed by the FCC, so they were never subjected to the Fairness Doctrine.

Corydon B. Dunham, who was NBC-TV’s legal counsel for 25 years, warns in his book, “Government Control of News: A Constitutional Challenge,” that media censorship rules have not disappeared because of the Localism, Balance, and Diversity Doctrine that could impact the Internet.

Both doctrines come under the Federal Communications Commission.

The FCC contends it wants oversight to make sure there is fair

and balanced coverage. Others say the Fairness Doctrine achieved the opposite and anything like it again would be just as detrimental.

In the book Dunham quotes the circuit court that upheld the FCC revocation of the Fairness Doctrine: “The Fairness Doctrine in operation disservices both the public’s right to diverse sources of information and the broadcasters’ interest in free expression. Its chilling effect thwarts its intended purpose”

Dunham does a good job of making the case why the government should not be in the news business. Admittedly, in my case, he was preaching to the choir.

While the book is important to read, to know the history of the Fairness Doctrine and what could be on the horizon, it is not an exciting read. But is an important book for anyone who cares about an independent media – be it print, broadcast or Internet.

Tahoe Tails – Adoptable Pets in South Lake Tahoe

Ping Ping is a beautiful black cat who came to the shelter with his mother Bebe, who is pure white.



They have lived with small dogs and children, and are used to being indoor cats. Both are very friendly cats who will adapt to just about any household.

Ping Ping 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 description 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

STHS students putting on 'White Christmas'

The ultimate Christmastime crowd pleaser show is taking place at the Viking Theatre at South Tahoe High School's Tahoe Arts and Design Academy – "White Christmas".

Shows are Dec. 7, 8, 14 and 15 at 7pm and Dec. 9 and 16 at 2pm.

The cast features student talent Alec Niven, Ben Eliot, Emily Dawes, Korrigan Zwijsacz, Jessica Robberson and Emery Mulligan in the leading roles, plus more than 40 actors, singers and dancers in the musical chorus.

The show is directed by Liz Niven, with choreography by Marcia Sarosik, vocal music direction by Bob Grant, and sets by Drake Niven.

The production also features a full orchestra conducted by Casson Scowcroft, including students and professionals. Tickets are \$15 for general admission, \$10 for senior citizens and \$5 for students 18 years of age and younger. Tickets will go on sale after Thanksgiving. For more info, call (530) 541.4111, ext. 222.

No uniform necessary to be affected by military service

By Kathryn Reed

It was 1942 and Irene Morris was going to junior college in Southern California. With books in hand, a woman about her

mom's age told her she should be helping her country. The woman talked to Morris about the plant where parachutes were being made. As someone who had been sewing since she was 10, Morris knew she would be qualified.

Her first day on the job was that next day.

Morris made \$1 an hour to look for errors in the stitching of those parachutes. By the time the war was over three years later, she was making \$1.25 and had \$800 in a savings account.



Scout Pack 592 members Zane Smith, from left, Noah Lyle and Jayden Degregory present the colors Nov. 8 at the start of the Soroptimist meeting. Photo/Kathryn Reed

From grandparents born in the United States who were sent to internment camps to a father-in-law being put on the front line ahead of his Caucasian comrades because of his Mexican heritage to having a husband who jumped out of planes in Afghanistan to render aid to injured soldiers, the women of South Lake Tahoe are well aware of the meaning of Veterans Day.

The Nov. 8 Soroptimist International Tahoe Sierra meeting was all about veterans.

Morris and Sue Jackson were the guest speakers. Jackson spoke of how she got interested in the military when she joined the Civil Air Patrol in high school in Woodland. Sitting on the tallest building – all two stories – they used binoculars to look for planes and logged all they saw by hand in a notebook.

While in nursing school at CSU Chico, she joined the Navy because the military would help with tuition. She was enlisted from 1958-62, spending two years in San Diego, but no time abroad.

Then everyone in the room decided to tell their stories about how they have a connection to the military – most are through a male relative. Reflections brought forth tears, quivering voices and a sense of camaraderie in this impromptu morning of sharing.

Laurie Brazil's brother wanted to be a conscientious objector to the Vietnam War. It requires going before a tribunal of sorts. Their father had been an officer in the military. He had to speak at the hearing – saying he didn't believe in what his son was doing, but believed it was the correct thing for his son.

"It was heart-wrenching for everyone," Brazil said.

One woman's husband was on an aircraft carrier during the Korean War. He was supposed to catch the planes as they landed. It was tough when the planes that took-off never returned.

A half-brother was in the Marines during World War II. No word for months. Then suddenly he showed up at the front door for a two-week stay before returning to places unknown.

Growing up in Elko, going to Vietnam was the norm. One woman dated a boy who went to war.

"I don't know what happened to him. I never heard from him

again,” she said with sorrow in her voice.

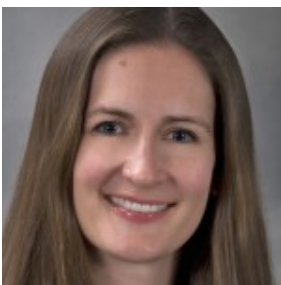
Trudy Mills was a Navy pilot’s wife.

“I remember the Navy chaplain’s car would come in. Everyone would hold their breath to see where it would go,” she recalled.

Adolescent psychiatrist joins Barton team

Tracy Protell, child and adolescent psychiatric specialist, has joined Sonia Rupp at Barton Psychiatry. Protell treats patients with developmental, behavioral, emotional and mental disorders.

She brings experience in the latest research and therapies related to autism, attention deficit disorder, anxiety, mood and other psychiatric disorders associated with medical conditions in children and adolescents.



Tracy Protell

“South Lake Tahoe is a big change from my last five-years living in Pittsburgh, but prior to that I attended medical

school in Reno and had grown up in Truckee,” she said in a press release. “I do feel as though I am returning home and am so glad to be back.”

As a native of Truckee, Protell became an avid skier and snowboarder during the winter months and she wakeboards, water skis, hikes and golfs the rest of the year.

For more information, call Barton Psychiatry at (530) 543.5691.

‘Skyfall’ is a must-see even for casual Bond fans



‘Skyfall’

Rated PG-13

5 out of 5 bagels

By Howie Nave

Before I even start, do not let anyone tell you about this movie because the “whoa” factor is pretty incredible with this one. That said, right from the beginning I like a movie that starts out with the action in your face before the credits

even start to appear on the screen. So be forewarned: if you arrive late, you're only hurting yourself.

If you're a casual Bond fan, you'll enjoy the action and the story stands on its own to make for a very good movie.

However, if you're a true Bond fan, you are going to leave the theater more than satisfied at the references made from other Bond flicks that will make you laugh knowing some of the legendary characters from prior Bond movies.

Director Sam Mendes ("American Beauty", "Road to Perdition") not only pays homage to James Bond with this being the 50th anniversary of the classic spy franchise, but J.J. Abrams injects life into the stoic "Star Trek" franchise. Mendes electrifies with his first Bond movie, "Skyfall."

The title sequence launches into Adele's brilliant song of the same name with Daniel Kleinman back doing his trademark gun barrel sequences that is very impressive. And like a short teaser trailer all its own, sets the viewer up for the feature to follow.

Kleinman also did the title sequences for "Golden Eye" and "Casino Royale." This is his sixth collaboration as title designer in the Bond series and his second with Bond character Daniel Craig.



This is Craig's third outing as James Bond and, at 43, is still young enough to pull off a few more in the franchise. Rumor has it that he was offered at least four, possibly five more in the franchise which, if it's true, would make him the longest running Bond by beating out Roger Moore who played Bond for seven movies.

All I know is that Daniel Craig is my favorite Bond in the franchise – dare I say, maybe even more so than Sean Connery? I'm going to take some heat for that comment, but Craig best encapsulates the multi-faceted character that is James Bond.

Trademarks of any great Bond flick are the villains. You can't have a great spy unless you have an equally bad nemesis who challenges you and makes it personal. And here with Javier Bardem's very badass and mentally whacked-out character, 007 has his hands full. Javier is simply brilliant in the role of Silva and pushes it like no other baddie I've seen in quite some time. Of course Judi Dench returns as the always-magnificent M who never lets on that she secretly admires Bond for getting the job done. And this time Bond and M are intricately twined, which gives "Skyfall" a great storyline that breathes between the breathtaking action scenes throughout. It gets pretty deep and I'll just leave it at that.

The supporting cast is top-notch; making this movie even more of a delight than I was expecting. Ralph Fiennes as Gareth Mallory, who thinks some changes are needed at the MI6 Headquarters, is marvelous as is the new Q, played by Ben Whishaw. This marks the first time that a Q in the franchise was actually younger than the Bond character.

And what would any James Bond movie be without its Bond girls? Well guys there are two, but can't say much more than that as to whose heart he wins. We have the very sexy Berenice Marlohe who turns the heat up on the screen and the just-as-sexy Naomie Harris.

Every character in “Skyfall” is like pieces to a successful puzzle and if any of them were missing would just weaken the movie. “Skyfall” is classic Bond, at its best paying homage to the franchise in a handsome way what with this being its 50th year and one of the best James Bond outings that I’ve seen since the last century. There will definitely be another Bond film coming that much is certain.

“Skyfall” is rated PG-13 for intense violent sequences throughout, some sexuality, language and smoking and clocks in at 145 minutes.

Howie Nave is host/emcee/manager of The Improv at Harveys. You can hear him Monday-Friday 6 to 10am on KRLT FM-93.9.

Carson Valley gearing up for annual holiday parade

Carson Valley’s brightest celebration of the holiday season will take to the streets during the Carson Valley’s 17th annual Parade of Lights on Dec. 1 beginning at 5pm.

Residents and visitors are encouraged to line Highway 395 between Gilman Avenue in Gardnerville and Minden Town Park to watch dozens of colorfully decorated floats.

The theme is Silver Bells of the Sierra. From bells on horse bridles to youth choirs ringing out holiday songs, the ways the theme will come to life is only limited by the imaginations of the float builders.

The parade route is altered this year, with floats staging on

Gilman Avenue east of Main Street and entering Highway 395 at Gilman to make their way to Minden Town Park.

In addition to serving as the start of the parade, there will be holiday music in Heritage Park, heaters and fire pits. Immediately following the parade, Minden will provide fire pits and live entertainment along Esmeralda Avenue.

Grand marshal is retiring Douglas District Court Judge Dave Gamble.

For questions or information, call (775) 782.8144.

‘Mother Nature’s Child’ to be shown in Incline

Presented by the Teacher Education Department of Sierra Nevada College, “Mother Nature’s Child” explores nature’s powerful role in children’s health and development through the experience of toddlers, children in middle childhood and adolescents.

The film marks a moment in time when a living generation can still recall childhoods of free play outdoors. This will not be true for most children growing up today. The effects of “nature deficit disorder” are now being noted across the country in epidemics of child obesity, attention disorders, and depression.

The Nov. 13 6:30pm screening of “Mother Nature’s Child” will be followed by a panel discussion featuring David Manahan, director of the Sierra Expeditionary Learning School; Ashley

Phillips, project director at the Sierra Watershed Education Partnership; and students from SNC's Outdoor Adventure Leadership program.

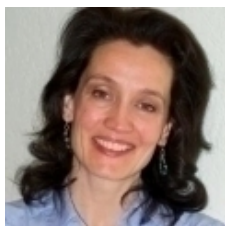
The film will be shown in TCES 139-141. Contact Beth Bouchard at bbouchard@sierranevada.edu or (775) 881.7459 for more information.

Low testosterone levels in men should not be ignored

By Mandy Kendall

We've all heard of menopause and the affects it can have on women. Well, low testosterone levels (or Low T) can be responsible for the male version (man-o-pause?) and it can affect men in many of the same ways.

Testosterone, known as the male hormone, is responsible for the typically male characteristics that appear during puberty such as facial hair growth, a deeper voice and muscle growth. Women produce testosterone too, but in much lower quantities than men.



Mandy
Kendall

During adulthood, testosterone helps maintain energy, sex

drive and is believed to play a significant role in supporting general physical health. However, as men age their levels of testosterone, like any hormone, can drop and it is estimated that 4.5 million men in the United States have low testosterone levels.

Symptoms vary from man to man but can include: fatigue, depression, increase in body fat, decrease in muscle mass, changes in sleep habits and low sex drive. Signs of Low T can appear insidiously over time and are often mistakenly attributed to general stress. Health experts advise men might benefit from more exercise, a better diet, stress management and more sleep, however it is also recommended to find out if symptoms could be due to low levels of testosterone.

Other than making life somewhat unpleasant for the individual (not to mention those close to them) these signs and symptoms might not seem that urgent to treat, but Low T not only affects quality of life, it can also be detrimental to long-term health. Low T can be a symptom of a more serious health conditions such as Type 2 diabetes, infections, hormonal disorders or testicular cancer. Left untreated low testosterone levels can also cause conditions like reduced bone density or fertility problems.

A simple blood test will help measure testosterone levels and help determine if treatment is required. According to guidelines from the Endocrine Society, the healthy ranges of testosterone in men can vary widely but symptoms associated with Low T most generally appear when blood testosterone levels drop below 300 nanograms per deciliter (ng/dL).

The causes of Low T vary greatly as well. Aging, accidents, health conditions or even some medications can all play a part in low testosterone levels. Recent studies have found a strong link between obesity and Low T in men, especially in men who also suffer from Type 2 diabetes. It is known that fat tissue converts testosterone into estrogen, the female hormone, so

reducing fat and building muscle is seen as an important part of maintaining sufficient testosterone levels. With this in mind, exercising with weights and resistance training is seen as an effective way of increasing the levels and circulation of testosterone as well as addressing some of the common symptoms of Low T.

For more information about how to help yourself or someone you know who may be suffering from Low T go online.

Until next time.

Mandy Kendall operates Health Connective in South Lake Tahoe, which aligns wellness seekers with their ideal wellness provider. If you have questions, would like some advice, or would like to request some Qwik-e tips on any health and well-being topic, drop her an email at connect@healthconnective.com or keep an eye out on Lake Tahoe News for regular Qwik-e tips on how to make healthy changes one Quick and Easy step at a time.

Tahoe celebrity golf event returns money to South Shore

Twenty-three nonprofits received checks totaling \$64,500 Nov. 8 via the Lake Tahoe Visitors Authority from the 2012 American Century Championship.

Through its ownership structure, more than 40 percent of American Century profits support research to help find cures for genetically-based diseases including cancer, diabetes and

dementia.

Local cancer support programs involving the Barton Memorial Hospital Foundation and the Cancer League received \$11,000.

The Boys & Girls Club received \$10,000, with \$5,000 each to Christmas Cheer All Year, Kiwanis Club of Lake Tahoe, Live Violence Free and Tahoe Youth & Family Services.

Contributions of \$500 to \$3,000 were awarded to American Youth Soccer Organization, Douglas County Parks & Recreation/Kahle Community Center, Ordinary People Meeting Extraordinary Needs, Sierra House Elementary PTA, South Tahoe BMX Bijou Bike Park, South Tahoe Family Resource Center, South Tahoe High School Grad Night, South Tahoe High School Performing Arts Booster Association, Tahoe Arts Project, Tahoe Community Church Food Pantry, Tahoe Douglas Rotary Foundation, Tahoe Regional Young Professionals, Tahoe Senior Housing II/Kelly Ridge, Tahoe Senior Plaza, Whittell High School – Safe & Sober Grad Night and Zephyr Cove Elementary School.