

DCSO taking its message to the airwaves

Douglas County Sheriff's Office will be partnering with radio personality Jon Sanchez of KOH-780AM for a series of radio events to be broadcast for the community.

The public is invited to join in by calling 775.852.8255. People may attend the first event (July 7) in person at Sanchez Ranch Meat Co. in Minden to ask questions of Sheriff Ron Pierini.

The undersheriff and the four captains will be guests on the radio show through October to discuss their areas of responsibilities and duties.

Sanchez will end the season with a live remote at the DCSO K-9 Fundraiser on Oct. 6 at Sanchez Ranch Meat Co. from 4-6pm.

The schedule is as follows:

- July 7, 5-6pm: Douglas County Town Hall Meeting hosted by KOH-780 AM Jon Sanchez with DCSO Sheriff Ron Pierini. The public is invited to attend the live event at Sanchez Ranch Meat Co. located at 1734 Highway 395, Unit B, Minden.
 - July 20, 5:15-6pm: KOH-780 AM Sanchez with guest Sgt. Bernadette Smith.
 - Aug. 4, 5:15-6pm: Guest Undersheriff Paul Howell.
 - Aug. 18, 5:15-6pm: Guest Capt. Dan Coverley.
 - Sept. 1, 5:15-6pm: Guest Capt. Dan Britton.
 - Sept. 15, 5:15-6pm: Guest Capt. Jim Halsey.
 - Sept. 29, 5:15-6pm: Guest Capt. Joe Duffy.
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Second act for LTCC theater up to board

By Kathryn Reed

The drama surrounding the future of Lake Tahoe Community College's theater department is like an improv production where the ending is anyone's guess.

Another scene was staged with week at the board meeting with the task force presenting its recommendations. However, two-fifths of the board was gone – members Kerry David and Jeff Cowen were absent.

Ultimately, it will be up to the five electeds to write the final act.

In October, it came to light that the administration was going down the road of eliminating the department because of lack of enrollment and finances. **A month later** the public came out to say not so fast and expressed how important the theater is to the community.

From there a community task force was formed with two goals – delve into the for-credit program and look into how best to serve the community outside the college.

On June 27, Michael Ward, who facilitated the six two-hour meetings of the task force, along with members of the committee talked about their recommendations. It was a rather full house for an LTCC board meeting, mostly with theater supporters filling the seats.

In the wake of this turmoil the nonprofit Tahoe Arts Alliance has formed. It could be a production partner with the college.

For credit suggestions:

- Retain the program for two years to work on increasing enrollment.
- Merge theater with speech-communications.
- Develop dual enrollment program with South Tahoe High School.
- Create a summer theater program like the Spanish ISSI.
- Diversify offerings.
- Increase marketing.

Community partnership ideas:

- A four-partnership approach with separate entities for production, promotion, LTCC as facilities manager, and a future resident company.
- Establish a production calendar so other entities are using the theater.
- Work with South Lake Tahoe and El Dorado County for marketing and financial support.
- Evolve into a repertory or conservatory model.

After the presentation, college President Jeff DeFranco told *Lake Tahoe News*, "For now we are narrowing the offerings and they will culminate with a spring production."

Talks are under way with Valhalla for that arts organization to put on a play at LTCC in the fall. There is also a TedX event planned for September.

"We need to make sure the theater doesn't sit empty for 11 months. We need to make this great asset available to the community," DeFranco said.

Don't let alcohol ruin summer fun

By Cate Neal

Summer around Tahoe is the perfect time for outdoor activities with family and friends. For some, drinking alcoholic beverages is part of the fun-in-the-sun experience. But excessive alcohol consumption and summer activities don't mix.



Cate Neal

The American College of Surgeons Committee on Trauma reports alcohol plays a role in half of all trauma-related injuries. According to the Centers for Disease Control, alcohol relates to 70 percent of water recreation deaths and 48 percent of pedestrian fatalities.

Here are a few scenarios for how alcohol can lead to tragic consequences on the water, on the road, and in the outdoors – and how you can avoid a tragedy.

The sensational swimmer

Alcohol decreases inhibition and impairs mental and physical capabilities, a risky combination for swimmers. In the frigid Lake Tahoe waters, a seasoned swimmer who's had a few drinks may foolishly venture out too far. A leg cramp makes it

difficult to return to shore and even a chill can develop into hypothermia. Avoid going far from shore and stay within a beach's designated swimming zone.

The boastful boater

Boating and drinking are not a healthy cocktail. Alcohol impairs judgment, balance, and vision. It decreases reaction time and increases fatigue. The National Institute on Alcohol Abuse and Alcoholism reports 60 percent of boating fatalities involved alcohol and a boat operator with blood alcohol concentration of at least 0.1 percent is 16 times more likely to die in a boating accident than a sober operator. Drinking passengers are also more likely to slip on the deck or fall overboard.

The distracted driver

Summer vacation drivers are out in force. Many are unfamiliar with the roads and have other distractions, such as hauling a boat or camper, or dealing with children and pets in the backseat. Adding alcohol puts the driver and passengers as well as other drivers, pedestrians, and cyclists in harm's way. Thirty-one percent of vehicle crash fatalities, the CDC states, were connected to alcohol consumption in 2013.

The inebriated trail user

On the trail, heat exposure and alcohol can create trouble. Hot summer days increases sweat and alcohol causes additional fluid loss from increased urination. Together, excessive water loss can quickly lead to dehydration or heat stroke. Stay hydrated. Drink ample cold, non-alcoholic drinks when hiking or biking.

The sober survivor

The easiest safety tip is to avoid drinking, particularly in the risky situations suggested above. Or, if you do drink,

find a sober driver, drink plenty of water, and avoid operating any motorized vehicle.

Barton Health is committed to keeping our community and visitors safe. One example in place is the Alcohol Screening and Brief Intervention (SBI) program. Patients admitted with a trauma-related injury, such as a concussion or broken limb, complete a brief questionnaire on their drinking habits. Depending on the score, patients receive a counseling session regarding drinking behavior and how it may be related to the injury.

“Teachable moments” like this following a trauma incident greatly reduce hazardous drinking habits. Alcohol SBI program participants experience fewer DUI arrests, healthcare costs, and hospital visits related to drinking. In the long run, less trauma incidents also make Tahoe safer for all to enjoy.

Registered nurse Cate Neal is the trauma program coordinator at Barton Memorial Hospital.

Gaming could see great gains from analytics

By Daniel Rothberg, Las Vegas Sun

What would the “Moneyball” casino look like?

As a doctoral candidate studying big data at UNLV, Ray Cho has given some thought to this question. Cho, who has 20 years of experience in the hotel industry, works as an analyst manager at American Casino & Entertainment Properties.

With advancements in computing and machine learning,

businesses across different industries are exploring how to better use data to increase performance, revenue and customer satisfaction. Oftentimes, the issues are less technical and more political. It's one thing to crunch the numbers. It's another to get management to act on them. This is especially true when data contradict operating procedures entrenched as industry standards.

"If a team of analysts was building a casino on its own, it would look a lot different," Cho said.

Read the whole story

SLT dentist to be honored at LTCC graduation

Deanna Brothers will be the recipient of Lake Tahoe Community College's distinguished alumni award at this year's commencement ceremony on June 30.

Each year, LTCC Foundation recognizes one alumnus for her exemplary achievements in her particular endeavors in life.



Deanna
Brothers

Brothers has been a resident of South Lake Tahoe since 1969.

She is a South Tahoe High School graduate who went on to receive her associate degree in social science from LTCC in 1980. She earned a bachelor's degree in biology at California State University Sacramento, then pursued a doctorate in dental surgery from the University of Pacific School of Dentistry in San Francisco, graduating in 1988. Her general dentistry practice has been in business in South Lake Tahoe for 29 years.

Brothers has served on the LTCC Foundation since 2010. She's been an active member of the South Shore community, participating in everything from the St. Baldrick's Foundation head shaving fundraiser to serving as president of the St. Theresa Catholic Church board. She's also donated hundreds of hours of her time to provide free dental care for adults and children in the community.

The graduation is Friday at 6pm on the soccer field. Special guest speaker will be local Olympic gold medalist Jamie Anderson. LTCC student speakers are William Twumasi and Victor Reynosa.

Paul Simon takes audience on nostalgic journey

By Susan Wood

STATELINE – You could almost hear a pin drop when singer Paul Simon launched “Sound of Silence,” one of the musician-songwriter's most beloved songs and one of a handful of encores he performed Sunday night for a receptive crowd at Harveys Lake Tahoe to lead off the Outdoor Summer Concert Series.

Simon, who played beyond 10:30pm, provided a music anthology ranging from the tunes of the 1960s with his singing partner Art Garfunkel to a storied solo career in which he reinvented himself in the following decades through African beats and varying culture immersions such as meeting a medicine man in the Amazon of Brazil.



Paul Simon kicks off the 2017 Harveys Outdoor Concert Series on June 25 with a sold-out show. Photo/Julie Campbell

But it was Lake Tahoe with its people and natural setting that embraced the artist June 25.

"There couldn't be more of a beautiful setting," said Simon, who came out on stage clad with an understated "Aloha" T-shirt and jeans, along with a hat mostly hanging on the microphone stand that was marked with the letter "e." The letter is the logo standing for the Half-Earth project as highlighted in Edward Wilson's eco-conscious book of how to save the planet.

"That book had a profound effect on me," he told the crowd. So much so that Simon said he pledged all the proceeds from his tour to Wilson's efforts.

Simon hinted at subtle social activism at various times, including the time he relieved his nine-member band of accomplished percussion, keyboard, bass, string and brass musicians to grab his acoustic guitar for "Sound of Silence."

"Before I play this song, I'd like to leave you with one thought: 'Anger is addictive, and we have all become a nation of addicts'," he said, beckoning the audience to when they hear something to: "Ask yourself: who's making a profit from this?"

While in agreement with the argument, the audience looked stunned during the 1966 No. 1 blockbuster tune that stayed on Billboard's top 100 for 143 weeks. It seemed to complement the message.

The singer's mood appeared to fluctuate – enjoying the rocking out and dancing during the whimsical numbers "You Can Call Me Al" and "50 Ways to Leave Your Lover" as well as the perfectly harmonious "Diamonds on the Souls of Her Shoes" and melodic "Graceland" off the so-named album.

Then, in a change in pace that can turn on a dime, he seemed visibly moved by the crowd reaction to the sentimental, open-road ballads. "The Boxer" off the 1969 "Bridge Over Troubled Water" album and "America" from the 1968 "Bookends" ensemble defined a generation of seekers in the late '60s.



Paul Simon dazzles an appreciative Tahoe crowd. Photo/Julie Campbell

Anyone listening to "America" could have imagined being young and "hopping a Greyhound" to anywhere in search of a utopian nation filled with characters as referenced with "be careful his bow tie is really a camera." The poetry of the song is what makes the artistry of music so important to generations of citizens.

Thanks to the artists like Simon, we have a creative chronicle of our soul.

Take from the self-titled album the 1972 lead single "Mother and Child Reunion," which had members of the crowd bobbing up and down. The lyrics were played with equal treatment to the upbeat melody.

And while Simon doesn't move a lot on stage aside from heavy string-strumming at times, he brings out the songs that perpetuate movement in the audience. It's almost as if he proves he's "Still Crazy After All These Years," as his 1975 number dictates.

"I like it when you dance," he reminded the audience.

What he doesn't respond to is the crowd calling out songs as

the Tahoe crowd yelled a number of them.

“I don’t do requests,” he said, half kidding.

But he does give the audience what it came to hear, as cited by Bill Pincus of Phoenix.

Pincus told *Lake Tahoe News* he hoped to hear “Me and Julio Down by the Schoolyard” – the jumpy 1972 hit spawned from a Time magazine article about alleged radical priests.

“I got what I wanted,” the Arizona man said later.

This wasn’t bad for a last minute event for him and his companion Lorah Neville. The couple drove up from Sacramento. Pincus recalled making a music request to her that he wanted to hear “anything Simon and Garfunkel” without knowing Simon was making a rare appearance where they were vacationing at Lake Tahoe.

“What are the chances of that?” Pincus posed the question.

The Harveys Summer Outdoor Concert Series continues June 30 with Rebelution; July 2 with Sammy Hagar; July 9 with Train joined by Natasha Bedingfield and OAR; July 14 with Lenny Kravitz; July 16 with Third Eye Blind; July 28 and 29 with Jack Johnson; Aug. 4 with Slightly Stoopid; Aug. 16 with The Who; Sept. 1 with Linkin Park; and Sept. 2 and 3 with Eric Church.

Hotel room redesigns not

sitting well with all travelers

By Tammy La Gorce, New York Times

Do you think of hotel rooms as having spacious, old-school desks, the kind that invite long hours of working? And bureaus with a half-dozen drawers? Minibars, too? Well, perhaps you haven't stayed at a hotel lately.

Ben Schlappig, a 26-year-old travel blogger and consultant, has spent more nights in hotels than many people will in a lifetime. So he knows firsthand about the changing design of guest rooms, and he is not completely happy about it.

"I'm a millennial, but I'm also an introvert," said Schlappig, whose blog, *One Mile at a Time*, chronicles the 365 nights a year he stays in hotels. "Hotel executives are building everything around millennials right now and they expect all millennials to want to work in these hip, communal lobby spaces or in bed," he said. "That doesn't work for me."

Closets, too, are being eliminated in favor of hanging racks, he said. "Or sometimes, there's no place to hang your clothes at all."

Read the whole story

Tahoe Tails – Adoptable Pets

in South Lake Tahoe



Silas

Silas is a 2-year-old, 50 pound Lab-pittie mix boy who likes to play with other dogs.

He is very sweet and full of fun. He is house trained and has good manners, plus he walks nicely on the leash. Silas has been in a shelter for a long time and was transferred to Tahoe to hopefully find a new home here.

Silas 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, and for spay-neuter assistance for South Tahoe residents.

– Karen Kuentz

Many in U.S. can't afford a summer vacation

By Beth J. Harpaz and Emily Swanson, AP

Forget frequent flier miles, last-minute getaways and even road trips. Nearly half of Americans say they won't be taking a vacation this summer, mostly because they can't afford it, according to a poll by the Associated Press-NORC Center for Public Affairs Research.

The new AP-NORC survey, conducted in May, said 43 percent of Americans won't be taking a summer vacation. The top reason for skipping a trip was the cost, cited by 49 percent of non-vacationers. Another 11 percent said they can't take the time off from work, while 3 percent said they don't like to be away from work.

About half of Americans living in households making less than \$50,000 a year don't plan to take any summer vacation this year, and they're especially likely to cite costs as a reason.

Read the whole story

Daily habits to reduce chronic pain

By Sherellen Gerhart

More than 100 million Americans are living with chronic pain. That's more than the number of Americans affected by cancer, heart disease, and diabetes combined. A person with chronic

pain is three to four times more likely to dealing with depression as well.



Sherellen
Gerhart

Chronic pain can last for weeks, months – even years. Sometimes chronic pain is caused by an injury, infection, or an ongoing condition like arthritis or cancer. Not managing chronic pain can lead to deepening depression, poor sleep, agitation, and loss of concentration.

Keep in mind, if you are living with chronic pain, you can find relief. There are many solutions available that can help you live a happier, healthier life – despite your pain. For starters, try these strategies:

- Get out of bed. Although it may be tempting to go on bed rest while you're in pain, staying active daily will help keep your body – and mind – in better shape. Avoid movements that makes pain worse, but try low-impact activities that minimize the risk for further injury. Your doctor can suggest the safest activities for you.
- Relax. Certain relaxation techniques, such as meditation or breathing exercises, have proven to be helpful in managing chronic pain. Plus, going to your own “happy place” can distract you from any physical pain. The American Chronic Pain Association (theacpa.org) offers a relaxation guide, or try downloading a guided imagery app to your smartphone.
- Take the right medication for your pain. Nonsteroidal

anti-inflammatory drugs (NSAIDs), such as ibuprofen, and acetaminophen, can be purchased over-the-counter and relieve muscular and bone pain. But some people, especially older adults with certain diagnosis, cannot take NSAIDs because of specific risks. Be sure to get guidance from your health care provider as to appropriate dosing and use.

- Antidepressants may help control pain as well as any emotional toll you may be experiencing. Muscle relaxants, another prescribed option, are often used to reduce pain caused by muscle spasms. Talk with your doctor about what the best fit for you.
- Try yoga. Yoga can be key in preventing or even reversing the mental effects of chronic pain. Depression or anxiety caused by chronic pain can lead to loss in brain tissue, which can then lead to memory impairment and emotional problems. Research shows that regular yoga practice has the opposite effect on the brain – a major reason to roll out your mat.
- Feed your body good food. Certain foods can fight inflammation, make your bones stronger, and therefore help alleviate your pain. The best foods for arthritic pain, for example, include fish, soy, and olive oil because they contain anti-inflammatory properties like omega-3 fatty acids. Plus, a healthy diet can help lift your spirits.

In addition to these strategies, be sure to talk with your doctor about self-care solutions that are tailored to your own chronic pain.

Sherellen Gerhart is a physician board certified in internal medicine, palliative and hospice medicine, and geriatric medicine. She oversees Barton Palliative Care and provides support, consultation, and education for patients and their families.