Is iron the answer to training at altitude?

By Erin Beresini, Outside

Athletes live and sometimes train at high altitude for one main reason: it stimulates erythropoiesis, or the production of red blood cells and hemoglobin, the protein inside red blood cells that carries oxygen around the body.

That extra hemoglobin should bring more oxygen to muscles, which should lead to improved muscle function and endurance when an athlete competes at a lower altitude soon after leaving the mountains.

The problem is, individual athletes respond differently to altitude. Even after the generally recommended four weeks of living between about 5,200 to 9,800 feet, some athletes won't show much increase in hemoglobin. That's why researchers have begun experimenting with iron supplementation.

Read the whole story

After school tennis available for kids at ZCTC



Benn Peterson learns how to hit a forehand from Ross Rittiman. Photo/Provided

Zephyr Cove Tennis Club in May will offer a variety of youth programs. When school is out, even more tennis will be available.

Deanne Larsell, a USPTA professional, will be leading the May 2-19 classes for students in grades 1-8. This is open to students from any school.

Beginner classes will be tailored to getting youngsters familiar with the basic strokes, while the advanced beginner sessions will refine skills and touch on strategy.

Each session costs $65.

Classes are:

• Beginner for grades 1-3: Monday and Wednesday, 3:20-4:20pm. (May 2, 4, 9, 11, 16, 18)

• Beginner for grades 4-8: Tuesday and Thursday, 3:20-4:20pm. (May 3, 5, 10, 12, 17, 19)

• Advanced beginner for grades 1-3: Tuesday and Thursday, 4:20-5:20pm. (May 3, 5, 10, 12, 17, 19)

• Advanced beginner for grades 4-8: Monday and Wednesday, 4:20-5:20pm. (May 2, 4, 9, 11, 16, 18).

If rain or snow cancels a day, those lessons will be made up the week of May 23.

Space is limited. To sign up, go **online**.

There will be a limited number of rackets available to borrow. Players should be dressed in athletic wear so they can easily run around and tennis shoes that won't leave black skid marks. Bring a water bottle, sunscreen and hat. Meet outside the clubhouse (next to Zephyr Cove Library) 10 minutes prior to the start of each program.

Larsell will also be offering a summer program at Zephyr Cove for grades 1-8. For more information, go **online**.

Zephyr Cove Tennis Club is on Warrior Way off Highway 50 in Zephyr Cove; the nonprofit Zephyr Cove Tennis Club Foundation operates it. For more information, email zctennisclub@gmail.com.

Landscape with unique containers, elevated gardens



Crates, recycled or purchased, can be painted and personalized to create a colorful, unique planter for flowers and edibles. Photo/PersonalizedCrates.com

By Melinda Myers

Perk up your containers and add a bit of sparkle to your landscape with bright colors, unusual materials or a unique purpose.

Include an elevated garden to increase planting space and make planting, weeding and harvesting easier on the back and knees. Liven things up with a robin egg blue or washtubs elevated on a support for a bit of rustic charm.

Add wheels to make it easier to move planters around the patio or deck. This allows you to follow the sun or make room for company at summer gatherings.

Recycle items into containers or invest in some of the new planters made from galvanized metal, wooden apple crates and more. Look for new colors or personalize them to create a warm greeting for you and your guests.

Increase growing flexibility with lightweight grow bags. They now come in a variety of colors and sizes. These fabric containers fold flat for easy storage when not in use.

Save space with sleek designs and built in trellises. You'll be growing pole beans, tomatoes and flowering vines in a compact space. The colorful flowers and fruit will brighten a blank wall or screen a bad view.

Use containers and elevated gardens to increase the fun factor at your summer gatherings. Start your party with a trip to the outdoor bar. Weather-resistant butcher-block with built in planting space is sure to get the conversation going. Gardener's Supply Company is offering a new reclaimed wood outdoor bar with an integrated planter called "Plant A Bar." Fill the planting space with some favorite cocktail herbs. Then mix up your beverage and let your guests add a bit of homegrown flavor.

Include the next course by growing your own salad bar. Guests will enjoy harvesting and creating their own bed of greens to accompany the main course. Fill a pot or elevated garden with greens, radishes, onions, carrots, herbs and your other favorite salad fixings.

Keep your containers healthy and productive with proper care. Water thoroughly whenever the top inch of soil is dry. Check pots daily and water as needed. Extend the time between watering with self-watering pots. Look for features such as weep holes that allow excess water to drain, funnels for top watering, and moisture indicators that let you know when it is time to add more water.

Further reduce maintenance by adding a slow release fertilizer to the potting mix at planting. Small amounts of nutrients are released over time, eliminating the need to mix and fertilize weekly. Give planters a mid-season boost or when making a second planting by sprinkling slow release fertilizer over the

soil surface.

Harvest regularly to keep vegetables producing and looking their best. Replace early plantings as they fade with a second crop. You'll extend the harvest and your enjoyment.

So take a second look at your patio, deck or front steps and move in a bit of color, fun and flavor for this growing and outdoor entertaining season.

Gardening expert, TV/radio host, author and columnist Melinda Myers has more than 30 years of horticulture experience and has written over 20 gardening books, including "Small Space Gardening" and the "Midwest Gardener's Handbook".

3-day mountain bike summit set for SLT

TAMBA's Tahoe Trails Summit is May 6-8 at the Beach Retreat & Lodge in South Lake Tahoe.

The Tahoe Area Mountain Biking Association will host a weekend long summit involving workshops, movies, photo displays, discussion, and riding. Speakers will include representatives from the U.S. Forest Service, leaders of area trail organizations, and two special guests from the Mountain Bike Hall of Fame.

TAMBA wants to bring together all trail users to gain input and consensus on the future of multi-use trails around Lake Tahoe.

For more information about TAMBA and the summit, email Ben Fish at info@tamba.org

Age not a detractor for 90-year-old SLT resident



Ken Myron does not let age dictate what he does. Photo/Jessie Marchesseau

By Jessie Marchesseau

Skiing isn’t necessarily for the young, just the young at heart. And at 90 years old, South Lake Tahoe resident Ken Myron still qualifies.

Though we had never met in person, when I saw the small-framed man at the bottom of Heavenly’s tram with bright orange skis and a patch on his jacket reading “90+ Ski Club,” I knew I had found my ski buddy for the day.

On the ride up, Myron explained that he didn’t even take up skiing until he moved to Lake Tahoe from San Diego in 1989. He was 64.

“My wife thought I was crazy,” he recalled. But that didn’t stop him.

At the age of 73 he skied Gunbarrel 20 times nonstop. At 75, he skied more than a million vertical feet at Sierra, an accomplishment for which, as only the third person to do it that season, he was awarded a free plane ticket to anywhere in the U.S. He continued to rack up about 40 ski days a year until, at 87, injuries started to put a damper on his ski time.

“I think anything he does, he does according to his personality,” said Vince Lancey, a friend and ski partner of Myron for more than 25 years. “He does it to the Nth degree. Just 110 percent.”

We picked a sunny spring day to explore the mountain together, taking several hours to do what I like to call the Heavenly lift tour. Making our way from California to Nevada, we skied Powderbowl, Canyon, Sky, Comet, Dipper and back again.

Myron was happy to act as tour guide, leading us down mostly groomers. He stopped skiing trees and bumps 13 years ago, he explained, after going blind in his right eye. That seemed like a good idea to me, and I was more than happy to stick to the main runs.

On the lift rides, Myron shared stories about his life, his family, skiing and weight lifting. All are obvious passions of his.

He still remembers his first day skiing. He went to Kirkwood with two of his sons who promptly took him up Chair 11 and over to a black diamond run with the theory that he was a good water-skier, so he would surely be good at this, too. The

elder Myron stubbornly removed his skis and walked most of the way down. However, he was not deterred. Once at the bottom, he got on an easier chair where he met a very nice, and experienced, 6-year-old (he'd been skiing since he was 3 and was quite confident in his abilities). The boy became Myron's first ski instructor. They met up each morning for the next four days. He would follow the boy around the mountain, attempting to emulate his every move.

This style of learning became a habit for Myron. Even today he likes to pick out good skiers on the hill and follow them, trying to ski how they ski. He is especially keen on following ski patrollers.

Lancey said they would frequently watch skilled skiers from the chairlift and analyze their techniques. Both being beginners at the same time, Myron and Lancey were constantly looking to improve their skills, often taking turns following each other down whatever line their partner chose.

"He is fearless. Still is that way," Lancey said. "What he attempts to do even now is amazing to me."

Lancey attributes some of his own skiing abilities to following his fearless friend around the mountain.

Myron still displays that same old fearlessness and drive to improve. Twice during our ski day, he found himself on the snow. He just got back up again, brushed off the snow, laughed and kept on going.

"I didn't plan on going on my butt," he said on the final chair ride of the afternoon. "But it reminded me: don't lean back, gotta lean forward."

He's had some dramatic crashes over the years, suffering a couple of concussions and partially tearing his ACL. Once he was hit from the side and completely knocked out at Sierra, only to wake up later in the hospital with a $43,000 bill and

a story about a helicopter.



Staying active is important is important to Ken Myron. Photo/Jessie Marchesseau

But he has more good stories than bad. Like the time he was getting on the chair at Sierra and a “little cutie” rode up on her snowboard and gave him a high-five. He asked if she would like to ski with an “old guy” (he was maybe in his 70s at the time). The pair took a run after which she said to him with an air of surprise, “You ski fast!” After another run she invited him to join her in the halfpipe, an offer which he graciously declined, and the two parted ways. That “little cutie” was a young Jamie Anderson.

Myron has acquired plenty of ski buddies over the years, some close to his own age, others younger. He sometimes skis with his daughter, Sandy, who also lives in South Lake, or his three sons or grandchildren when they come to visit. He also spends plenty of time skiing on his own, enjoying the fresh air, the scenery and the general physical exertion of the sport.

“Being active has kept me alive,” he said.

And skiing is only part of his workout regime. In the summer, you’ll find him swinging away at Bijou Golf Course. He also lifts weights at Sierra Athletic club three to four times a week, and is adamant that it’s an important part of a healthy lifestyle for anyone. He could leg press 950 pounds until he was 78, and can still curl 70 pounds “no problem.”

He often takes his wife, Irene, to the gym with him, too. The couple will be celebrating their 70th wedding anniversary this May. She has been with him from their native Canada, down to Southern California and up to Tahoe. They still reside in the house their sons built for them 20 years ago.

His sons, daughter and grandchildren are the only thing Myron likes to talk about more than sports and fitness. He exudes a genuine pride in his family and their respective accomplishments, careers and successes.

We ended our day on the mountain as many ski buddies do: rehashing the day’s adventures and telling stories over pizza and sodas, agreeing to do it again soon.

“I don’t think I’ve ever known anyone quite like him,” Lancey said.

Neither have I.

USFS gears up to restore Burke Creek

The U.S. Forest Service Lake Tahoe Basin Management Unit is proposing to restore the Burke Creek channel and adjacent

marsh in Stateline, reduce the amount of sediment that flows into Lake Tahoe and reduce the potential for flooding on Highway 50.

The project area is located on approximately 16.5 acres near Stateline, including National Forest land near Kahle Drive, the commercial parking area located at 177 Highway 50, Douglas County land near the Kahle Drive Community Center and private property.

Funding for the project will be provided by the Nevada Department of Transportation, Nevada Division of State Lands, Tahoe Regional Planning Agency and an erosion control grant from the LTBMU.

The project involves Douglas County, Nevada Department of Transportation, Nevada Tahoe Resource Conservation District and the U.S. Forest Service.

The draft environmental assessment looks at two alternatives, no action and the proposed action. Comments on the environmental documents are being sought until the end of April. For more info, go **online.**

Opening of baseball season offers variety of wagers

By Case Keefer, Las Vegas Sun

There’s no rest for sports books this time of the year, as the major events keep piling up. A day before the conclusion of the NCAA Tournament on April 4 is Major League Baseball’s

Opening Day, creating action from early morning to late night at betting windows. To get a sense of the upcoming baseball season from a gambling perspective, here's a glance at the three most popular ways to wager in the preseason.

The Chicago Cubs sit alone at the top of betting boards in odds to win the World Series, including at a price of 9-to-2 at the Westgate Superbook. That standing should make fans cringe as much as celebrate.

If anything, the betting market anointing Chicago the favorite may hint at its 108-year championship drought extending.

Only one preseason Las Vegas favorite in the past 15 years, the 2009 New York Yankees, has lived up to expectations with a title. The six champions that followed the Yankees all came into the season somewhere from 20-to-1 to 30-to-1.

Read the whole story

Cinder still in her den, bear buddy shot by hunter

By Ann McCreary, Methow Valley News

Cinder, the young black bear that was badly burned in the Carlton Complex Fire in 2014 and rehabbed at Lake Tahoe Wildlife Care, is still denned at a high elevation site, but the bear that was released into the wild with her last summer was killed by a hunter in the fall.

Cinder was released in a heavily forested area about 30 miles north of Leavenworth on June 3, 2015. A younger male bear was released along with Cinder. The two bears had been together at

the Idaho Black Bear Rehabilitation center and seemed to have developed a bond, so wildlife officials decided to release them together.

Cinder was discovered – emaciated and unable to walk on severely burned paws – in the French Creek area in August 2014, about two weeks after wildfire swept through the area. The bear cub drew international attention after she was rescued by state wildlife officials and underwent months of treatment at Lake Tahoe Wildlife Care, followed by rehabilitation at Idaho Black Bear Rehabilitation near Boise.

Read the whole story

Anticipating best whitewater-rafting season since 2011

By Tom Stienstra, San Francisco Chronicle

On the South Fork American River last weekend, 75 rafters and kayakers launched the spring white-water season with an ecstatic 13-mile trip from Lotus to Folsom Reservoir.

“It was great, absolutely euphoric,” said Nate Rangel of Adventure Connection out of Lotus in the Sierra foothills. “We’re expecting the best whitewater season in years.”

The trip was like a celebration. The group selected the South Fork American because of its accessibility and that it is a watershed that will provide great whitewater all summer long this year in the Sierra foothills.

A mountain snowpack is the fuel for what is forecast as the best whitewater season since 2011 for California, according to

early reports from automated snow sensors.

Read the whole story

Desolate snowshoe tests navigation skills



A waterfall along Meeks Creek in Desolation Wilderness. Photos/Kathryn Reed

By Kathryn Reed

MEEKS BAY – While there has been more snow than recent years, it still hasn't been normal in Lake Tahoe. A snowshoe in late February put the exclamation point on this statement.

Rarely were the snowshoes even on; part of the time Yak-Tracks were worn and much of the time all that was needed were hiking

boots.

Water was in abundance, especially at the start of the route. It was more reminiscent of late April or early May on the West Shore.

The intent of the five people and two dogs was to hike a portion of the Tahoe-Yosemite trail. And while that is exactly what we did, we never made it to a single lake. Finding the trail became cumbersome, so we turned around.



Yak Tracks help provide stability in slick conditions.

The accumulation of water on the trail was problematic at times – as was having to cross the creek. Once we hit a substantial amount of snow is when we started postholing. That's when the 'shoes came on.

We tried to follow tracks laid by earlier adventurers, but eventually they ran out. Even with a GPS device, we were doing a bit of a zigzag that got tiresome.

When the trail is clear of snow it is a 12-mile round trip with Lake Genevieve, Crag Lake, Hidden Lake, Shadow Lake and Stony Ridge Lake as destinations.

We made it a five-mile adventure.

It didn’t matter that we didn’t make it to our destination of at least one lake. The scenery was stunning. Being in Desolation Wilderness is always a feast for the senses. It was also one of those rare times where it lived up to its name. Not many people venture out there this time of year, where as when it’s just dirt on the ground, it is a popular spot.

Another advantage of going this time of year was seeing a waterfall that I hadn’t seen in drier climate. This is along Meeks Creek, which eventually flows into Lake Tahoe.



Lake Tahoe makes an appearance on the way back to the vehicles.

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Getting there:

From South Lake Tahoe, take Highway 89 north to Meeks Bay. Just past the fire station that is on the right, there is parking on the left in the dirt. A small paved lot exists where the actual trailhead starts. Be sure to fill out the free Desolation Wilderness permit.