

LT Marathon includes free kids' events

A slew of events are on tap for this weekend's 19th annual Lake Tahoe Marathon.

On Saturday at Pope Beach in addition to the kayak, stand up paddleboard, three swim events, duathlon, super hero 5K costume race, the Optimist Club will host the annual Kids Fun Runs.

The kids runs are free. It is for toddlers to 12 year olds. The age divisions are one year and the distances are appropriate for each age. All the kids get a medal, hot dogs and drink.

Basic time schedule:

8:30am: Kayak and SUP events

9:30am: Swim races with distances of one-half, one, and two miles

10:30am: Optimist Kids Fun Runs (costumes encouraged)

11:15am: Super Hero 5K (costumes encouraged).

For more info, go online.

Climate change could affect your breakfast

By Lori Popkewitz Alper, Huffington Post

The impacts of climate change can be felt throughout the world. We're witnessing firsthand hotter summers, extreme

weather, droughts and severe wildfires, making the climate crisis something that's impossible to ignore. Over the past century, the earth's average temperature has risen by 1.4 degrees and is projected to rise another 2 degrees to 11.5 degrees over the next hundred years. Although those numbers may seem relatively small at first glance, changes in temperature can impact our lives in a big way.

Take for example breakfast, the meal many consider the most important meal of the day. Breakfast could be hit hard by climate change. Our traditional breakfast foods could look very different in years to come if we don't fight hard to protect our planet.

It's no surprise that over 54 percent of Americans over the age of 18 drink coffee everyday. A freshly brewed morning cup o' joe is a daily ritual for many, and a simple way to kick start the day. We're now even being told that a morning cup of coffee is healthy. That cup of coffee could look very different in a few years if climate change continues on its current path.

Coffee growing regions around the world are temperature dependent and any slight change in average temperature can easily threaten the quality of the coffee we're drinking, as well as the amount produced.

One of the largest problems coffee crops are facing is a fungus known as coffee rust. Coffee rust infects the coffee tree leaves and essentially make it impossible for the coffee plants to survive. The disease is rapidly wiping out crops and causing financial hardships for the coffee growers.

Read the whole story

Zephyr Cove students make a racket on court



Zephyr Cove Elementary second-grader Sofie Hansel makes contact with the ball as classmate Aliana McLey watches. Photo Copyright 2014 Carolyn E. Wright

By Kathryn Reed

ZEPHYR COVE – “To be a tennis champion, you have to be inflexible. You have to be stubborn. You have to be arrogant. You have to be selfish and self-absorbed. Kind of tunnel vision almost.” – Chris Evert

The youngsters on the court don't know yet how true Evert's words are. They may not even be future champions or even know who won the U.S. Open this year. But they are quick learners based on most of them realizing a forehand is much easier to hit than a backhand.

Zephyr Cove Elementary School students are spending part of this week and next on the courts across the street from their

school. Prior to stepping on the court, physical education teacher Brenda Capshaw went over vocabulary, basic skills, and how to hold a racket. Even etiquette was part of the lesson plan. It seemed to pay off. As a group of second-graders walked outside the fence Sept. 9 where a couple people were playing they were super quiet. On the court it was rather orderly as everyone lined up on the service line to be fed balls by Stewart or parent volunteers.



Keiran Born, 7, sends a backhand across the net.
Photo Copyright 2014
Carolyn E. Wright

“I’m good at backhand,” exclaimed Keiran Born as a ball whizzed across the net for a winner.

He was the only player interviewed who said he preferred backhand to forehand. Maybe he’s following in Roger Federer’s footsteps. After all, the U.S. Open semifinalist is considered to have one of the best backhands of all time – and it’s not a shot often taught to kids these days.

Like many on the court Tuesday, this was Keiran’s first time to play tennis. Capshaw, who is in her second year at ZCES, said the idea for the tennis program came about from parents.

Rackets were secured, balls found and courts donated. Zephyr Cove Tennis Club Foundation, which operates the six courts on Warrior Way at the Douglas County park, donated the court time to the school for the two days of instruction this week, and two that will take place next week.

“Tennis is a sport that can be played at any age, but one that is so much easier to learn as a child,” Carolyn Wright, president of the tennis foundation, told *Lake Tahoe News*. “While there are so many winter sports for our youth to participate in, tennis is something they can take with them no matter where they live or how old they are.”



Mariana Hernandez returns a ball from parent volunteer Sara Dee. Photo Copyright 2014 Carolyn E. Wright

Aliana McLey is already a convert. She wants to play more than just twice in a two-week period.

“It’s really fun because you get exercise,” Aliana said.

That’s exactly what Capshaw is trying to achieve – getting kids to be active.

“Our curriculum is based on a wellness program, physical

fitness, getting them to move, and off the phone and video games," Capshaw told *Lake Tahoe News*. "Students who jump and get out use the same part of the brain as when they are reading, so active kids tend to be better readers than students who are sitting."

But she is the only PE teacher for the K-6 school. Students receive a minimum of 45 minutes of physical education each week. (Capshaw also teaches art, music, and the gifted and talented program.) While there is still recess in schools, students today are less inclined to organize kickball or handball games. More of them are just sitting around, Capshaw said. That is why PE has become more relevant for this generation.

"Getting PE back in schools is not just about sports, but more of an education about your body, moving it, keeping it healthy in fun ways through games and sports," Capshaw said.

Sofie Hansel is a believer in putting what is learned at school into practice in real life. She had played tennis a couple times before, as evidenced by her ability to adeptly connect her junior-size racket with the fuzzy ball. The best part for her was getting to hit ball after ball. She said it makes her want to play more.

If the adults involved in the tennis program have anything to do with it, Sofie and her classmates will find themselves at Zephyr Cove Tennis Club on a regular basis.

Letter: Fireworks cleanup

thank you

To the community,

The Lake Tahoe Visitors Authority would like to thank all of our community members, visitors, businesses and agencies who have helped keep our Lake Tahoe beaches clean throughout a busy summer season. Debris on Lake Tahoe's beaches affects everyone's enjoyment of the lake, and trash and debris on the beaches and streets can easily find its way to the lake and adversely impact lake clarity, water quality and wildlife.

Public participation is part of basinwide environmental stewardship initiatives. The LTVA continues to move forward with the entire community to contribute clean up resources through Team Fireworks. The site provides visitors and residents information on how to recognize and report potential fireworks debris and generate immediate response if suspected. The LTVA has established a hot line (775.410.0417) and an email address (teamfireworks@ltva.org) to communicate information on debris. If someone finds what they suspect might be an unexploded shell, they are to call 911.

To help with cleanup efforts, go online.

Special thanks to: American Airlines, Terry Azevedo, Basecamp Hotel, The Bigley Family, BrickLance Pickup Service, Star Brooks, California Conservation Corps, The Carter Family, City of South Lake Tahoe, Deb Howard Realty, Douglas County Search & Rescue, Douglas County, Edgewood Tahoe, Elks Point Homeowners Association, Hansen Management & Maintenance, Harrah's and Harveys' H.E.R.O.'s, Rod Hogan, Inn by the Lake, The Julber Family, K&K Services, Kiwanis Club of Lake Tahoe, Lake Tahoe Community College Foundation, Jason Laurie, League to Save Lake Tahoe, Lora McKay, Marla Bay Homeowners Association, Marriott, The Mork Family, OnCourse Productions, Round Hill Pines Resort, Pacific Crest Gallery, Pinewild

Homeowners Association, Pedego, K Prigian, Lynn Peterson & Cherise Smith, Scotty's Hardware, Leonard Smith, Soroptimist members of South Lake Tahoe, South Lake Tahoe Boy Scout Troops 468 & 594, South Lake Tahoe Yacht Club, South Tahoe Kids Camp, South Tahoe Refuse & Recycling, Tahoe Blue Vodka, Tahoe Chamber, Tahoe Douglas Rotary, Tahoe Douglas Fire Protection District, Tahoe Regional Planning Agency, Tahoe Regional Young Professionals, Tahoe Wellness Cooperative, The Truxler Family, The Landing Resort, US Bank, U.S. Forest Service – Tahoe Basin Management Unit, Weidinger Public Relations, Douglas Williams, and Zephyr Cove Resort.

LTVA's mission is to drive tourism and awareness for Tahoe South through focused messaging. A critical part of that message has always been preserving lake clarity. The Lake Tahoe Visitors Authority, city of South Lake Tahoe, League to Save Lake Tahoe, U.S. Forest Service, South Tahoe Refuse & Recycling, and Douglas County have partnered to coordinate the Adopt-a-Beach program following the Fourth of July and Labor Day firework displays.

Georgette Riley, LTVA integrated marketing manager

Frentzen wins special EDC supervisor election

There will not be another Nutting on the El Dorado County Board of Supervisors.

The first of three new El Dorado County supervisors was elected Sept. 9. Shiva Frentzen earned 30.96 percent of the vote in Tuesday's special election, with 2,374 votes.

The election was to replace Ray Nutting who had been ousted earlier this year because of being convicted on misdemeanor offenses related to money obtained to bail him out on felony charges.

His wife, Jennifer, ran for the seat. She came in fourth out of six candidates with 13.21 percent, 1,013 votes.

Second was George Turnboo at 18.69 percent, 1,433 votes; third Dave Pratt at 15.08 percent, 1,156 votes; fifth Claire McNeal at 10.95 percent, 840 votes; and sixth Chris Amaral at 10.84 percent, 831 votes.

The other two contested races will be decided Nov 4. The current supervisors are being termed out.

– Lake Tahoe News staff report

Hard ciders making a resurgence in U.S.

By Kathryn Reed

Hard cider was a common drink pre-Prohibition. And while so many varieties of booze have recovered from those dry times, cider until just recently was hard to find in stores and bars.

That is changing.



A number of small distillers have cropped up across the country. Even the big guys – like Heineken, MillerCoors and Anheuser-Busch InBev – have launched ciders.

According to research firm IBISWorld, in 2013 \$600 million worth of cider was produced in the United States. This is triple what sales were in 2007.

New to the Lake Tahoe market is 2 Towns Ciderhouse. The Corvallis, Ore., company is selling some of its varietals in El Dorado, Placer and Nevada counties – at stores and in bars.

Four of us sampled five of those Oregon ciders.

Made Marion was the overwhelming favorite. It is made with fresh-pressed Oregon marionberries and Northwest apples. It is one of the seasonal ciders; available May-September.

Sue said the marionberry complemented the bitterness of the apple.

Pam said this is definitely the one she would buy.

The sourness of the Rhubarbarian had all of us turning up our noses. 'Cot in the Act fell flat, as in it didn't really have any flavor.

The Bad Apple and Bright Cider are more traditional hard ciders. Bright Cider is definitely the sweetest of the five we tried.

Between these two distinct apple-flavored ciders it would come down to if you like it more sweet or not. I liked the Bright Cider a tiny bit better. The color is light, and with bubbles almost looks like a Prosecco.

Sue definitely would choose the sweet cider.

Tom thought if he had a whole bottle of Bad Apple it would

have been like having three beers because of the alcohol content.

Imbibers might want to pay attention to the alcohol content. Most are in the 6 percent range, but the Bad Apple is at 10.5 percent. The Serious Scrump, which we did not taste, has an 11 percent alcohol content rate.

The colder they are served, the better the flavor.

2 Towns boasts of letting the essence of the natural flavors ferment and not adding flavorings.

One thing people with gluten issues will like is that hard ciders traditionally are gluten free. The same cannot be said of all beers.

Exhibit to show Reno as world's divorce capital

By Martin Griffith, AP

RENO – For nearly six decades, Reno was known as the divorce capital of the world because of liberal divorce laws that drew hundreds of thousands of estranged spouses from across the country, including Arthur Miller, Jack Dempsey, Clare Boothe Luce and Cornelius Vanderbilt Jr.

Now, a group of Nevada researchers is seeking personal stories from those who traveled to Nevada for “quickie” divorces from roughly 1910 to 1970.

UNR library's Special Collections Department plans to feature recorded interviews in an extensive multimedia online exhibit

about Reno's 20th century divorce trade, which hastened the acceptance of divorce in America.

"Reno changed the national attitude about divorce," said Donnelly Curtis, head of special collections and project co-curator. "We're finding a feeling of liberation from the letters of women we have in our collections."

Organizers hope firsthand accounts about heading to Nevada for the "Reno cure" will lead to a better understanding about it, said Mella Harmon, historian and project co-curator.

It became a major industry for the state, spawning dude ranches where spouses stayed, and gave Reno an international reputation, she added.

"It's one of those important areas of history that has faded away and not everyone remembers Reno was known as the divorce capital of the world," Harmon told The Associated Press. "We thought it's something that needs to be captured in some way so people can understand the significance of the industry to the area."

By repeatedly passing legislation that shortened the time required to establish state residency, Nevada lawmakers encouraged what became known as the "migratory divorce." Estranged husbands and wives traveled to the Silver State to establish residency and take advantage of its lenient divorce laws. The time required for residency was lowered from six months to three months and, in 1931, to six weeks.

By the 1960s, other states had loosened their own divorce laws, rendering the migratory divorce unnecessary.

From 1931 to 1934 alone, people from 32 foreign countries and all 48 states at the time got divorces in Reno, Harmon said.

"Recognition about Reno's divorce trade entered the national consciousness in such a way that nearly everyone understood

what it meant if people said they were going to Reno,” said Harmon, an adjunct assistant professor in the university’s Department of Anthropology.

While most divorce-seekers returned home, many chose to remain in Nevada, including former U.S. Rep. Barbara Vucanovich. She traveled from New York to Reno in 1949 to get a divorce and ended up staying and becoming the first woman to be sent to Congress from Nevada, serving seven terms in the House as a Republican. She died in 2013 at the age of 91.

Researchers not only want to speak with anyone who traveled to Reno for a divorce, but with those with a relative or close friend who did so.

In addition to personal stories, researchers will review essays, oral histories, novels, postcards, newspaper and magazine articles, and Hollywood films to include in the digitized project.

Scheduled for completion in July 2015, the project will be the most thorough portrayal of Reno’s divorce industry in any format, Harmon said.

Anti-pot academics paid by drug companies

By Lee Fang, Vice

As Americans continue to embrace pot – as medicine and for recreational use – opponents are turning to a set of academic researchers to claim that policymakers should avoid relaxing restrictions around marijuana. It’s too dangerous, risky, and

untested, they say.

Just as drug company-funded research has become incredibly controversial in recent years, forcing major medical schools and journals to institute strict disclosure requirements, could there be a conflict of interest issue in the pot debate?

Vice has found that many of the researchers who have advocated against legalizing pot have also been on the payroll of leading pharmaceutical firms with products that could be easily replaced by using marijuana. When these individuals have been quoted in the media, their drug-industry ties have not been revealed.

Take, for example, Dr. Herbert Kleber of Columbia University. Kleber has impeccable academic credentials, and has been quoted in the press and in academic publications warning against the use of marijuana, which he stresses may cause wide-ranging addiction and public health issues. But when he's writing anti-pot opinion pieces for CBS News, or being quoted by NPR and CNBC, what's left unsaid is that Kleber has served as a paid consultant to leading prescription drug companies, including Purdue Pharma (the maker of OxyContin), Reckitt Benckiser (the producer of a painkiller called Nurofen), and Alkermes (the producer of a powerful new opioid called Zohydro).

Kleber, who did not respond to a request for comment, maintains important influence over the pot debate. For instance, his writing has been cited by the New York State Association of Chiefs of Police in its opposition to marijuana legalization, and has been published by the American Psychiatric Association in the organization's statement warning against marijuana for medicinal uses.

Read the whole story

Calif. creates website with city, county data

California on Monday opened a website listing more than 13 million fields of financial data for cities and counties as part of his ongoing efforts to promote transparency in government.

The site makes it easier for taxpayers to track revenues, expenditures, liabilities, assets, fund balances and even basic statistics about each city and county.

The site's financial information covers an 11-year period through 2012-13. Depending on public interest, data for preceding decades will be incorporated into future upgrades to the website. The website will be updated annually with new information received from local governments.

Later this fall, the Controllers Office will introduce major upgrades to the website that will not only include additional tools and features based on user feedback over the coming months, but will also provide data for each of California's approximately 130 pension systems. The pension data will include: assets and liabilities; additions to plan assets, such as employer and employee contributions; deductions to plan assets, such as benefit payments and administrative expenses; statistics on the number of active, inactive and retired members; net return on investments and actuarial funding.

In addition to the ByTheNumbers website, there is this website that includes pay information for public employees.

Smoke choking parts of Tahoe region

Smoke from wildland fires outside the Lake Tahoe Basin continue to impact the region.

The Truckee area is being impacted by smoke drifting down from the Klamath National Forest complex of fires approximately 300 miles to the northwest.

The South Shore is seeing smoke from the Meadow Fire in Yosemite that has been burned more than 2,600 acres.

– Lake Tahoe News staff report