

# NOT NECESSARILY IN THE NEWS

A Community Newsletter and Commentary for South Lake Tahoe September 20, 2022 - Volume 99

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***“Management is doing things right; Leadership is doing the right things.”***

*Peter Drucker*



9-11 Ceremony, American Legion Hall. South Lake Tahoe

## **BAN ALL PLASTIC FROM POLLUTING OUR LAKE AND ENVIRONMENT**

**Below is an email sent to the Mayor and City Council regarding the Proposed Ban on Plastic Water Bottles**



September 18, 2022

Dear Mayor Middlebrook and Council Members:

Thank you for your service to our city.

I am writing to you regarding the proposed ban on plastic water bottles based on a fine story by Paula Peterson of **South Tahoe Now** on September 17, 2022.

I understand that the proposal before the City Council is “a municipal use and commercial ban on single-use plastic water bottles smaller than one gallon to be phased in over the next two years.” As noted in the report, entities around the world are already banning single use bottles or considering new regulations. I support this effort to remove single use plastic bottle from our waste stream because of the harm and damage plastic can and does do to our precious environment. *I applaud the efforts of the City Council and staff in bringing forward this proposal.*

I urge the City Council as well to regulate and prohibit a more insidious plastic pollutant, namely microplastics that have been shown to pollute our land and water as monopine cell tower materials disintegrate over time into the environment through wear and tear. For the benefit of the City Council and public, please let me explain.

Because of the importance of preserving the famous and protected views around Lake Tahoe, many cell towers are being disguised as fake pine trees, with the antennas being hidden behind the fake pine branches and needles. The problem is that the fake pine needles are made from PVC plastics and the fake branches are made out of FRP, fiber reinforced plastic. A 100-foot tall monopine cell tower has about 10,000 pounds of fake plastic pine needles and branches attached to it.

In the harsh climate around Lake Tahoe at times, the plastic pine needles and branches deteriorate quickly. The strong winds, heavy snow and ice, high UV exposure, and extreme temperature fluctuations cause the branches and needles to fall out the towers and spread out in a large debris field by the wind. The plastic pine needles are very brittle and break down quickly into small pieces. Eventually, they become tiny pieces of plastic, called microplastics, and run off into the Lake.

This plastic pollution is even a more dangerous pollutant because it is very small and can be digested by fish, animals, and humans. The evidence of pollution from this source is clear, and the LRWQCB has already directed that owners of towers in the Basin to prepare and submit a discharge report to the Board identifying the specific threat to the environment from this dangerous pollutant source. Until such an evaluation is done by the Board, the City Council should not allow any monopine built until the LRWQCB issues its findings and determinations.

The vast amount of scientific data available tells us that plastics and microplastics that also contain lead are bad for the environment and people. While plastic bottles are obvious polluters and readily visible, microplastics are more dangerous for the reasons stated. For example, Microplastics absorb and release toxic chemicals. Microplastics are also mistaken for food by organisms. When microplastics are ingested they can cause a blockage in the gastrointestinal tract of organisms, tricking them into thinking they are full leading them to starve to death.

*I hope and pray that you proceed with the ban and add microplastics to the banned list. Protecting our environment, habitat, Lake, and people from all environmental dangers must be a top City priority.*

I request that this communication be made part of the record on this agenda item and thank you for your review of the matter.

Respectfully,

David Jinkens, MPA  
**Good Government Advocate**  
Full-time City Resident

*Note: The focus here on microplastics from fake pine tree cell towers is in no way intended to minimize the serious danger from radiation currently produced by cell towers and facilities.*

## **FIX OUR ROADS and Maintain Annually: *Make Street repairs a high priority...***

### **PRESS RELEASE**

Contact: David Jinkens, MPA

**Good Government Advocate**

September 16, 2022

### **MAINTENANCE OF ALL CITY STREETS MUST BE A HIGH CITY PRIORITY**

The City Council has come under scrutiny and criticism in campaign for city council for a decision it made to use City general funds in the amount of **\$450,000** to pave the airport apron. The criticism arises because City streets are generally in terrible condition and underfunded, and the argument is that City streets should come first. The airport apron is an important part of an airport because it is a place where aircraft are parked. It is also utilized for loading and unloading aircraft.

I happen to agree with the criticism and have said for some time on my newsletters that the repair and maintenance of all city streets on a regular basis ( i.e., crack seal, chuck hole repair, and slurry seal) must be a top city council priority every year. Simply neglecting street maintenance until the streets are in poor condition and then repaving a few of them at a high cost is not a proper or sound street maintenance program.

While I agree that the airport is an important asset for the community especially in times of emergency, funds for maintenance of streets that people drive on every day is a higher priority.

I understand that in 2020 Caltrans offered to make the city a low interest loan to repave the airport apron, and the city council declined the offer for a loan and said to pay for the work out of the general fund. I disagree with this decision. The loan would have been better than using City general funds and kept these funds for other uses, and repayment of the loan could have been made by revising airport landing and use fees for users. While challenging, the City government goal should be to make the airport self-sustaining and not a further drain on the city general fund.

If the airport really needed to be repaired and the City Council did not want to take a low interest loan from Caltrans (for reasons I do not understand or accept), the City Council could have at least made the general fund advance as a loan and paid the general fund back for that loan with higher airport fees. Higher airport fees to cover these and other costs must be seriously considered by the city council, not more subsidies.

Street maintenance must be a high budget priority for the City Council, not just occasional street reconstruction. I have pledged to make street maintenance a high budget priority from available City funds and seek other State and Federal funds for other capital projects. I believe as well that the entire City budget and expenditures needs to be reevaluated and use available funds from all sources for only the highest priorities. The people's priorities must come first."

### **MY PLEDGE TO SOUTH LAKE TAHOE VOTERS IF ELECTED TO THE CITY COUNCIL...**

Most of you are aware that I am also running to be your elected representative on the SLT City Council. I pledge to listen to your concerns. Listed below are my main goals but I please reach out to me with your concerns at [djinkens4council2022@gmail.com](mailto:djinkens4council2022@gmail.com):

- **FIX AND MAINTAIN OUR STREETS NOW and on an Annual Basis.** Prioritize funding for this program.



- **NO NEW TAXES** on people or businesses strapped with this current challenging economy, high inflation, and difficulty recruiting employees. Let us live within our means and set priorities.
- **SUPPORT AND PRESERVE QUALITY WORKFORCE HOUSING** and develop programs to help people make needed safety repairs to their homes. These programs are available. Housing for our workforce must take priority as well as affordable housing programs.
- **FINISH THE HOLE IN THE GROUND**. We need to work with the owners of this property to get something development. There are programs to assist in this regard. The owners need to be motivated to act, The hole does nothing for them or the community.
- **PROTECT THE COMMUNITY, LAKE, AND OUR ENVIRONMENT FROM ALL THREATS TO SAFETY**. Safety issues come first and must be a top priority of locally elected officials. If there is a threat in our community it is our job to see that it is addressed.
- **MAKE SOUTH LAKE TAHOE FIRE SAFE**. The greatest threat to our environment, residents, and local economy is catastrophic fire. We cannot allow it to happen here. Let us take steps to become a “Fire Safe Community”.
- **LISTEN WHEN RESIDENTS COME TO YOU FOR HELP**. It is the job of City officials to listen and try and help address resident concerns.
- **ENSURE** that we have a resident friendly city organization.

**YOUR HEALTH** - *Study finds potential link between daily multivitamin and improved cognition in older adults.* CNN Updated: 5:52 AM PDT Sep 15, 2022, **Jacqueline Howard, CNN**

Taking a daily multivitamin might be associated with improved brain function in older adults, a new study says, and the benefit appears to be greater for those with a history of cardiovascular disease.



The findings did not surprise the researchers — rather, they were shocked, said Laura Baker, an author of the study and professor of gerontology and geriatric medicine at Wake Forest University in North Carolina.

"I have to use the word 'shocked,'" Baker said.

The researchers — from the Wake Forest University School of Medicine, in collaboration with Brigham and Women's Hospital in Boston — analyzed cognitive function in older adults who were assigned to take either a cocoa extract supplement containing flavonoids, a multivitamin or a placebo every day for three years. No one, not even the researchers, knew who was assigned to which daily routine until the results were revealed.

"We really believed that the cocoa extract was going to have some benefits for cognition based on prior reports of cardiovascular benefit. So we're waiting for that big reveal in our data analysis — and it was not cocoa extract that benefited cognition but rather the multivitamin," Baker said. "We are excited because our findings have uncovered a new avenue for investigation — for a simple, accessible, safe, inexpensive intervention that could have the potential to provide a layer of protection against cognitive decline."

But she added that she and her team are not ready to recommend that older adults immediately add a daily multivitamin to their routine based on these results alone.

The findings, published Wednesday in *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*, are not definitive and cannot be generalized to the public. More research is needed to confirm them.

"It's too soon to make these recommendations," Baker said. "I feel like we need to do this in one other study."

### **Finding connections in brain health**

The new study included 2,262 people, 65 and older, who were enrolled between August 2016 and August 2017 and followed for three years. The participants completed tests over the phone annually to evaluate their cognitive function. They were scored on recalling stories, showing verbal fluency and ordering digits, among other tests.

The researchers analyzed function, based on test scores, among those who took cocoa extract daily compared with a placebo, and among those who took the daily multivitamin compared with a placebo.

The researchers found that three years of taking the multivitamin appeared to have slowed cognitive aging by 1.8 years, or 60%, compared with the placebo. Daily cocoa extract supplementation for three years did not affect cognitive function, the researchers wrote.

The study — supported by the National Institute on Aging of the National Institutes of Health — also found that multivitamins were most beneficial for older adults who had a history of cardiovascular disease.

"It's well-known that those with cardiovascular risk factors could have lower levels in their blood of vitamins and minerals. So supplementing those vitamins and minerals could improve cardiovascular health and, by virtue of that, improve cognitive health — and we know that there's a strong connection between cardiovascular health and brain health," said Dr. Keith Vessel, a professor of neurology and director of the Mary S. Easton Center for Alzheimer's Research and Care at the University of California, Los Angeles.

Thanks to that connection between cardiovascular and brain health, taking steps to prevent cardiovascular disease or other chronic diseases — such as maintaining a healthy diet and exercise — can benefit the brain too, said Vessel, who was not involved in the new study.

"If we can really eliminate or really prevent chronic diseases, we could prevent dementias," he said. "Roughly up to 40% of dementia could be prevented with just better preventative measures throughout life's span."

The specific factors driving this link between a multivitamin and cognitive function are unclear and require more research, but Baker and her team think the findings might be connected to the way multivitamins can benefit people who might be lacking in micronutrients such as vitamin C, vitamin E, magnesium or zinc.

"With aging, the situation can get worse. A lot of our older adults do not have adequate nutrition for a number of reasons," Baker said.

"As we get older, we are more likely to have medical conditions that can compromise micronutrient sufficiency," she said. "The medications that we take for these conditions can also affect micronutrient sufficiency by interfering with the body's ability to absorb these essential nutrients from the diet."

### **'We've been down this road a little before'**

Other studies have had mixed results in the association between certain vitamins and supplements and dementia risk, Vessel warned.

"We've been down this road a little before with vitamins and dementia research. For many years, dementia specialists were recommending vitamin E based on some early promising results with vitamin E and cognition, and especially those with Alzheimer's disease. But then, the results have been mixed since then," Vessel said.

Older adults should talk to their primary care physician before starting a vitamin or supplement routine, he added.

"Supplementing is usually safe, but it needs to be monitored carefully, especially for those who have memory loss, because overdosing with vitamins can be very dangerous," Vessel said. "Even with vitamin E overdosing or taking high levels of vitamin E can increase the risk of bleeding. So these are just some considerations."

Overall, the new study's findings are encouraging, said Heather Snyder, vice president of medical and scientific relations at the Alzheimer's Association.

"There's certainly follow-up work that we need to see happen — particularly independent confirmation in studies that are in larger and more diverse populations — but this is encouraging," she said. "There is more research that needs to be done to understand what it might be in the multivitamin that may have a benefit."

**WE CAN ALL WORK TOGETHER FOR THE BENEFIT OF OUR ENTIRE COMMUNITY AND OUR ENVIRONMENT.**

***"SI, PODEMOS"***

*(Yes, we can)*

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**VOTE FOR DAVID JINKENS!**

**On November 8, 2022**

**Let me work for you on the SLT City Council**

***Results with Resolve***