

Snippets about Lake Tahoe



- Jackson Browne will be at Harveys Outdoor Concert Series on Aug. 7 at 8pm. Tickets go on sale Feb. 19 – \$39.50, \$59.50 and \$89.50 through Ticketmaster.
 - Chris Cady, who used to live on the South Shore, is performing a comedy hypnosis show at the Nugget in Sparks on Feb. 14 at 8pm.
 - South Tahoe High grad Sean Pawling will be playing at Himmel Haus in South Lake Tahoe on Feb. 14 from 7-10pm.
 - Tahoe Oral Surgery and Implant Center is celebrating five years of being in business.
 - Thievery Corporation and Michael Franti will headline the July 16-19 Wanderlust Festival at Squaw Valley.
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Study: Pot may help with depression

By Carolyn Gregoire, Huffington Post

Research has suggested that cannabis may be a promising treatment option for a number of different physical and mental health conditions, from post-traumatic stress disorder to chronic pain. A study released last week suggests that depression can be added to that list.

Neuroscientists from the University of Buffalo's Research Institute on Addictions found that endocannabinoids – chemical compounds in the brain that activate the same receptors as THC, an active compound in marijuana – may be helpful in treating depression that results from chronic stress.

In studies on rats, the researchers found that chronic stress reduced the production of endocannabinoids, which affect our cognition, emotion and behavior, and have been linked to reduced feelings of pain and anxiety, increases in appetite and overall feelings of well-being. The body naturally produces these compounds, which are similar to the chemicals in cannabis. Reduction of endocannabinoid production may be one reason that chronic stress is a major risk factor in the development of depression.

Read the whole story

Gun control advocates see Nev. as a source of hope

By Amber Phillips, Las Vegas Sun

WASHINGTON – As a gun-loving state where Republicans have launched a wave of pro-firearm proposals since taking control of the Legislature in 2014, Nevada might seem like anything but a source of hope for supporters of tougher gun laws.

But gun control advocates say they're optimistic that Nevada could provide a turning point in the national gun-control debate, thanks to a 2016 ballot initiative that would expand background checks to all gun sales in the state. Advocates in Washington, D.C., are planning to aggressively organize in

Nevada to help it pass, fueled by the belief that if change can come to this state, it can happen anywhere.

So far, Nevada is the only state with a background-check question on its ballot next year. Current Nevada law doesn't require FBI background checks for unlicensed firearm dealers at gun shows and private sales. Republican Gov. Brian Sandoval vetoed a Democratic bill to expand background checks in 2013, saying it restricted Nevadans' rights.

Read the whole story

Study: Red wine helps burn fat

By Science Daily

Drinking red grape juice or wine – in moderation – could improve the health of overweight people by helping them burn fat better, according to a new study coauthored by an Oregon State University researcher.

The findings suggest that consuming dark-colored grapes, whether eating them or drinking juice or wine, might help people better manage obesity and related metabolic disorders such as fatty liver.

Neil Shay, a biochemist and molecular biologist in OSU's College of Agricultural Sciences, was part of a study team that exposed human liver and fat cells grown in the lab to extracts of four natural chemicals found in Muscadine grapes, a dark-red variety native to the southeastern United States.

Read the whole story

Truckee may alter yard waste pick up

Truckee is looking for feedback regarding curbside yard waste collection.

Currently, residents may set out four bags per week for yard waste collection. Truckee and Tahoe Truckee Sierra Disposal are considering recommending changing the program to incorporate the use of 96-gallon rolling carts instead of the green bags.

The proposed change may be before the Town Council in March. If approved, carts could be phased in over two years with Tahoe Donner and Glenshire transitioning to carts beginning in May. The remaining neighborhoods would begin the cart service in 2016.

Concurrently with the 96-gallon cart program the Truckee will continue to offer free drop-off at Eastern Regional Landfill and reduced cost yard-waste-only dumpsters.

Take this survey to have your voice heard.

Humans may be ruining man's best friend

By Sara Boboltz, Huffington Post

Our friendly domestic dogs have come a long way from their wolf ancestors, and it's all thanks to us.

"Somehow there's this misconception that dog breeds actually exist – like dachshunds are a natural thing in the world," Louise Murray, vice president of the ASPCA Animal Hospital, told *Huffington Post*. "We think, there are frogs, and there are chickens, and there are dachshunds. But of course you don't realize until later that they're just human constructs."

We love having dogs around – in fact, between 37 and 47 percent of U.S. households own at least one dog, according to the American Society for the Prevention of Cruelty to Animals. That's about 70 or 80 million dogs overall. And while estimates differ, between one-third and one-half of those dogs are believed to be purebred, born of incestuous pairings. As a result, many purebred dogs are now facing an abundance of health problems, and many of their human companions have begun to question the ethics of it all.

Read the whole story

**Road beat: Lexus SUV
redefines luxury**



The Lexus LX570 is luxury built into a heavy-duty SUV.
Photos/Larry Weitzman

By Larry Weitzman

It would be doubtful that anyone spending almost \$90,000 for an SUV would then test it by driving it directly to and over the Rubicon Trail, although with all its systems and super trick suspension it would not be out of the question. But that first scratch would be a killer. But there is little question that the LX would conquer the Rubicon with ease and comfort.

LX570 is a super luxury SUV sharing its platform with the slightly lesser expensive (about \$10k) Toyota Land Cruiser. But sheet metal on the LX is exclusive to the LX, although the shapes are similar. Outside the LX570 has the L'finesse design cues in its front end, but it is otherwise a large upright two-box design. Lexus has done a marvelous job instilling the L'finesse DNA in all of its designs that are now instantly recognizable as a Lexus. The new LX570 has a tasteful,

conservative, but yet very elegant appearance. It would be quite welcomes at the opera.



Front or back, the seats are comfortable.

Size-wise, the LX is an oversized midsize SUV with a 112.2-inch wheelbase. But its length and width approach full size at 197 by 78 inches. It stands 76 inches with the roof rack, which appears to be standard equipment. That size is transmitted to the super luxurious interior.

Powering this 6,000 pound ground attack vehicle is a monster motor by today's standards, a 5.7L DOHC 32 valve long stroking V-8 that pumps out 383 hp at a low 5,600 rpm along with 403 pounds of peak twist at a moderate 3,600 rpm. Meaning that at that low rpm the engine is producing 276 hp. All four wheels are driven all the time via a six speed auto cog-swapper. It does have a two speed limited slip Torsen center differential and its trick electronic systems perform the job of effectively locking them up in critical situations. Unless it's a 90-degree slope, the LX is going where it's pointed.

Performance is excellent and in fact the LX is downright quick with a 0-60 mph elapsed time of just 6.89 seconds. Passing times are also quick with a 50-70 mph simulated pass of 3.59 seconds and an uphill simulated pass of 5.28 seconds. The LX gets it done. Throttle response is very strong.



Specifications

Price \$82,690 to about \$90,000

Engine

5.7L, DOHC, 32 valve V-8 383 hp @ 5,600 rpm

403 lbs.-ft. of torque @ 3,600 rpm

Transmission

Six speed electronically controlled automatic

Configuration

Longitudinal front engine/all wheel drive

Dimensions

Wheelbase 112.2 inches

Length 197.0 inches

Width 77.6 inches

Height 75.6 inches

Ground clearance 8.9 inches

Track (f/r) 64.6/64.4 inches

Weight 6,000 pounds

GVWR 7,385 pounds

Weight Distribution (f/r) 51/49 percent

Towing capacity 7,000 pounds

Fuel capacity 24.6 gallons

Cargo capacity third row removed, second row folded

83.1 cubic feet
Turning circle 38.7 feet
Steering lock to lock 2.4 to
3.4 turns (at below 6mph)
Wheels 20X8.5 inch alloys
Tires 285/50 HR mud and snow
Coefficient of drag 0.35
Performance
0-60 mph 6.89 seconds
50-70 mph 3.59 seconds
50-70 mph uphill 5.28
seconds
Top Speed Electronically
limited to 137 mph
Fuel economy EPA rated at
12/17/14 mpg
city/highway/combined.
Expect 15.5 mpg in rural
country driving and 20 mpg
on the highway at legal
speeds.

On the flip side, the LX is remarkably economical. EPA rates it at 12/17/14 mpg which is nothing to write home about. However, this is a full time AWD vehicle that weighs 6,000 pounds at the curb with lots of hp. In reality, the big Lexus averaged 15.5 mpg overall including all acceleration tests (at least 20 full throttle applications) in 250 miles. But get it on the highway with the cruise control set at 70 mph and it will return 20.4 mpg. Not that bad considering that a vehicle like this from 30 or 40 years ago would be lucky to achieve 10 mpg and 15 mpg on the highway. Part of the big LX magic comes from its very low coefficient of drag of 0.35, meaning this is one slick barn door going through the wind. Fuel capacity is almost 25 gallons. And if you are spending \$90k to buy it, gasoline cost would be considered dime wise and dollar foolish.

But there is even more praise to be laid on the big SUV. Suspension is state of the art double wishbone and a four link live axle in the rear with coils in all four corners. However, it also has an electro-hydraulic controls with height control and automatic load leveling Adaptive Variable Suspension. Track is a wide 65 inches and the variable ratio hydraulic steering works from 2.4 to 3.4 turns lock to lock. And last but certainly not least are the wheels and tires with super wide 285/50X20 series tires mounted to 20 x 8.5 inch alloys. To put that in English, each tire puts nearly 10 inches of rubber (width) on the road and that's a lot of grip. Consequently the LX changes direct with stiction and power that is surprising. When the road bends, no problem as the LX precisely follows directions input into the steering wheel. You would think heads would toss and there would be extreme body lean, but you can forget about it. This LX is amazing when it comes to changing directions.

Ride quality is extremely quiet and solid, damping out all road imperfections quite remarkably. There is no float or bobbing and weaving, something you might expect of a vehicle this heavy and large with a ground clearance of nine inches. It is a wonderful ride. The engine turns a very low 1,700 rpm at 70 mph and there is no wind and road noise making the super trick Mark Levinson sound system extra special. Music never sounded this good.

LX has four huge ventilated discs with all the braking acronyms. They are powerful stopping the big LX in 42 feet from 40 mph. Those huge tires also help big time. Safety is everywhere starting with a strong ladder frame, vehicle stability control, active traction control, hill decent control, adaptive front HID lighting (turns night into day), and at least 10 airbags, but if you count roll sensing the front and rear sensing airbags as two, then there are 14 (one for each row of seats). It also has a wide view front camera along with parking assist.

Inside is the luxury you would expect from a nearly \$90k ride. My tester had the \$1,510 extra luxury package which means the skins are semi-aniline, super soft leather and are gorgeous and sublimely comfortable. Of course they are heated and cooled and the second row seating being also heated. The interior feels more like a traditional English study with big overstuffed leather chairs, a fireplace and lots of polished wood. With the Mark Levinson comes a superb movie theater for the second and third row passengers. Limousines don't compare.

Total interior volume is almost 160 cubic feet, with still about 16 cubic feet available with the rear seats up. Pricing starts at \$81,780 plus \$910 for the boat from Japan. My tester had every option bringing the price to \$89,555 all in. It will criss-cross the United States with or without paved roads.

Larry Weitzman has been into cars since he was 5 years old. At 8 he could recite from memory the hp of every car made in the U.S. He has put in thousands of laps on racetracks all over the Western United States.

LTUSD selects newcomer as board member



Adam Jones will be sworn in to the Lake Tahoe Unified School District board in March. Photo/Kathryn Reed

By Kathryn Reed

Lake Tahoe Unified School District board members went with experience over longevity in the community when it came to appointing a fifth board member.

Adam Jones, 43, will fill the seat vacated by Sue Novasel. He will be sworn in at the next meeting, March 10. Novasel resigned last month after being elected to the El Dorado County Board of Supervisors. This term ends Dec. 2, 2016.

"He is likely to bring in ideas from the outside and not be too insular," board member Mike Doyle said of Jones during the Feb. 10 deliberations.

Jones and his wife have owned a vacation home here for a number of years. Last summer they became full-time residents with their children, who are in third and fifth grade.

He told *Lake Tahoe News* the schools were a factor in deciding

to relocate here. He likes the programs and facilities at South Tahoe High School, and that per pupil spending is higher in LTUSD compared to the South Bay district they came from.

Jones told the board that LTUSD uses technology better than the district he came from in Santa Clara.

While this is the first political board Jones has been on, his experience on a school board started in high school when he was the student rep to a board.

What he brings to LTUSD is experience in other avenues. He has a bachelor's in public policy from Stanford University and a master's in education.

In the Bay Area Jones has been the president and finance director of the Don Callejon School Community Organization, which would be the equivalent to the local education foundation. He also was a member and chairman of the school site council.

The way he talked about education during the interview process proved he understands the system, even if he doesn't know the nuances of the local schools.

For the past 21 years, Jones has worked for SimulTrans in Mountain View. He is still the chief operating officer for the translation firm. He returns to the Bay Area about every other week, but otherwise works remotely.

Five people were vying for the seat – Jones, John Drum, Kyle Martinez, Madelyn Rios and Jennifer Peterson. Now that LTUSD board seats are broken up into districts, the person had to reside in the area that represents Meyers.

The five were interviewed in open session, asked the same 10 questions without the other candidates in the room, and then the four-seated members deliberated with everyone hearing the discussion.

In the initial round of picking their two finalists, all current members – Barbara Bannar, Larry Green, Mike Doyle and Ginger Nicolay-Davis – all had Jones on their list. Two voted for Rios and two for Drum.

In further discussions it was clear Jones and Drum were the top choices. But ultimately Jones won out because of what board members said would be his ability to jump onto the board without much of a learning curve.

Opinion: Relationship violence not just an adult problem

By Hannah Greenstreet and Ashley Yuill

When most of us hear the terms “domestic violence” or “relationship violence,” our minds immediately focus on adult relationships and marriages. The terms can often build the mental image of extreme attacks from one adult partner, stereotypically male, to another, a woman as the victim, but rarely do we consider that violence occurring between teens.

Sometimes we may even think that teen relationships aren’t as serious as adult relationships, and therefore the circumstances that lead to violence don’t exist. Unfortunately, this couldn’t be further from the truth. In reality, teen-dating violence is a serious problem in the U.S.

Many teens do not report mistreatment in a dating relationship because they are too afraid to, or are too inexperienced in relationships to even recognize the violence.

February is National Teen Dating Violence Month and Live Violence Free is committed to raising awareness this month by educating about how teen dating violence actually looks and sounds like, and how adults can help protect or support teens.

Teen-dating violence includes mistreatment through forms of stalking, physical, sexual, emotional-verbal, and digital violence. Often, the small signs of emotional manipulation, intimidation, threatening, and cyber harassment can place teens in a position of being controlled and hurt without their friends and family knowing.

According to the Nevada Network Against Domestic Violence, nearly one in 10 high school students has been hit, slapped or physically hurt on purpose by a boyfriend or girlfriend. In response to these facts, Live Violence Free is dedicated to providing education and support to South Lake Tahoe's middle and high school students in order to prevent further dating violence. Through six- to eight-week sessions, students receive skills and tools to address the types and warning signs of abusive behavior, whether minimal or severe, but also how to develop and expect respect, trust and healthy communication in any relationship.

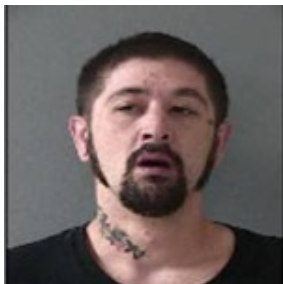
As a parent or influential adult in a teen's life, there are many ways that you can also help in supporting our teens. If you suspect that your son/daughter or any teen is in an unhealthy or abusive relationship, discuss what you are observing with them in a calm and loving manner. Remind your child that you care for their safety and want to help. It is extremely important not to pressure the teen to end the relationship, as it may actually draw them closer to their partner. Saying things like, "You are not to blame", "No one deserves to be abused", or even "If you don't want to talk to me, please find someone you trust and talk to them", are excellent ways to keep open communication with the teen and let them know they are not alone.

To speak confidentially with a trained advocate on relationship abuse, call our 24-hour crisis line at 530.544.4444 to receive information and assistance.

Hannah Greenstreet and Ashley Yuill work for Live Violence Free in South Lake Tahoe.

6-month sentence in Truckee carjacking case

A Las Vegas man was sentenced last week to 180 days in Nevada County jail for an attempted carjacking in Truckee in October.



Nathan Daniel
Jones

Nathan Daniel Jones, 29, in January pleaded no contest to an assault charge.

In addition to the time behind bars, Jones will be on three years supervised probation.

Jones was originally arrested on two counts of attempted carjacking, felony battery, battery on a peace officer, resisting arrest, possession of an illegal weapon and possession of a pound of suspected marijuana.

– *Lake Tahoe News staff report*