

Pot beer is coming to Nevada, California

By Jen Skerritt, Bloomberg

There's a new craft beer in town, and this one offers a different kind of buzz.

San Diego-based Cannabiniers will introduce what it says are the first line of de-alcoholized craft beers infused with tetrahydrocannabinol, or THC, marijuana's psychoactive ingredient. The Two Roots Brewing Co. products will launch in Nevada in July, and soon after will be introduced in California, said Kevin Love, director of product development.

The beers, which include a stout, a West Coast IPA and a lager, contain 2.5 milligrams of THC, enough that the consumer can feel its effects within five to seven minutes, but small enough that a person could drink multiple beers in one sitting, he said.

Read the whole story

Nevada marijuana industry growth has state scrambling to catch up

By Colton Lochhead, Las Vegas Review-Journal

CARSON CITY — Nevada's fledgling marijuana industry has taken off significantly faster than state officials anticipated.

Now state regulators are scrambling to catch up.

Nevada Legislature's Interim Finance Committee on Wednesday approved approximately \$1.3 million in new funding for the Nevada Department of Taxation to help bolster staffing and upgrade technology systems that the department's executive director said are necessary to keep up with the ever-increasing regulatory demands.

Read the whole story

Median home prices hit highs in El Dorado, Placer

By Tony Bizjak, Sacramento Bee

Regional home prices hit 12-year highs last month, according to data, fueling a discussion of whether the area is experiencing a bubble that could burst.

The median sales price in Sacramento County hit \$360,000 in May, the highest price in any month since 2006, just before real estate prices took a major tumble amid deep recession.

Median sales prices in El Dorado County and Placer also hit highs, at \$518,000 and \$490,000, respectively.

Read the whole story

Online sales tax ruling could bring \$30M to Nev.

By Associated Press

Nevada's top tax official says a U.S. Supreme Court ruling Thursday allowing states to require more online retailers to collect sales tax could bring in an extra \$30 million a year for Nevada.

The court's 5-4 ruling was a big win for states who argued they were losing billions annually under old court rulings regarding online sales tax.

[Read the whole story](#)

Snippets about Lake Tahoe

- El Dorado County wants people to take **this survey** regarding KCRA-TV not being available on the South Shore. The survey will be up until July 9.
- Boz Scaggs will be at MontBleu in Stateline on Sept. 21 at 8pm.
- On the June 26 Placer County Board of Supervisors agenda is the following item: Approve a contract with the North Lake Tahoe Resort Association for tourism development services and support of Tourism Master Plan implementation strategies for up to \$3,800,670 for a contract term of July 1, 2018, through June 30, 2019.
- Fireworks will be shot off from West End Beach on

Donner Lake at 9:30pm July 4.

• The annual Art, Wine and Music Festival will return to the Village at Squaw Valley on July 14-15. Proceeds benefit Achieve Tahoe. For more info or to buy tickets, go **online**.

Tahoe luxury properties combine rustic with ornate



This is a home in Homewood selling for \$17.9 million.
Photo/Linda Fine Conaboy

By Linda Fine Conaboy

Who doesn't enjoy a day at Lake Tahoe? And who would balk at combining that day with a specially-prepared lunch at a multi-million dollar home in a setting so beautiful it could quite

conceivably cause you to catch your breath? Oh, and throw in a jaw-dropping Lake Tahoe summer's day, and you've got yourself a ticket to paradise.

Lake Tahoe News was recently invited to participate in Chase International's annual home tour showcasing 26 luxury properties peppering the circumference of the lake. On this perfect summer day, the most difficult part of the trip was deciding which homes to tour and which ones would need be left to just the imagination.

Our journey began in Glenbrook at a home located at 1868 Glenbrook House Road, listed for \$4,950,000. The toughest part of the Glenbrook portion of the tour was finding the targeted homes and then locating a parking spot—there were lots of people with paperwork in hand, making their way to and from the properties, all vying for limited parking space.

The outstanding feature of the Glenbrook House Road abode was not to be found inside, but rather outside, in the form of Shakespeare Rock. Realtor Susan Clemons described it as the prime geological feature of Glenbrook—besides Lake Tahoe, she added.

Shakespeare Rock sits directly south of Glenbrook and was named by a woman who in 1862 was sketching mountain backdrops. She claimed the rock offered a close approximation of William Shakespeare carved into its lichen-covered face. Now, it's a favorite of hikers and rock climbers.



The fixture over the dining table in a home on Jameson Beach. Photo/Linda Fine Conaboy

The home's builder seemed to be enthralled with the rock's grandeur too, incorporating views of it into nearly every south-facing window. The tall front door is so situated that its casing offers a perfect frame for the rock's overwhelming majesty.

In the living room, the rock looms through the three-story picture window. "In the afternoon, when the sun sets, Shakespeare Rock glows," Clemons told *Lake Tahoe News*.

Wide plank flooring gives this home the feel of “old Tahoe,” but the appointments within remind one that this is not really old at all, but perfectly appointed proffering the latest amenities available. For example, there’s a huge natural stone fireplace in the living room that offers a taste of rusticity, but the modern, sleek kitchen, highlighted by a very large Viking gas stove and stainless steel appliances by Miele and Subzero, surrounded by grey and black counter tops, all point to the fact that this is a modern house—with outstanding views.

The dining room, kitchen and some of the bedrooms upstairs all view a terraced backyard that leads to the forest beyond. Elevator access originates at the lower garage level and services the entire home.

In the master bedroom on the ground floor, stands a closet large enough to accommodate both mom and dad, backlit by twin multi-paned windows. The giant floor-to-ceiling shower, his and hers sinks, a commode with both a bidet and a toilet and a deep, jetted tub topped with a television, allow the inhabitants a comfortable life style.

Glenbrook provides homeowners a sandy beach, a buoy field with valet service, a community park, gated and guarded entry and hiking trail access. This home includes a golf membership with an accepted offer with the understanding that the buyer pays the \$15,000 transfer fee.

Glenbrook also played host to the second home we chose to tour—at 202 Pine Tree Lane called Horseshoe Lodge at Glenbrook. This beauty is a horse lover’s delight with a fully-fenced equestrian pasture occupying a portion of its 11.46 acres.

With six bedrooms, seven baths, two half-baths, a five-car garage, a separate and private club house, a large lap pool with a detached spa, this house can be purchased for

\$9,980,000. Taxes are \$26,795.

The very private setting is even more so because it borders Forest Service lands and is accessed through a gate-guarded private drive.

The home has been on the market less than two weeks, Cliff Chase, the listing agent said.

“Everyone who lives here has the option to join Glenbrook Golf Club, the oldest course in Nevada. It was built in 1926,” Chase said. “The setting is exceedingly private, which is so unusual for Lake Tahoe. It’s a private retreat, if you will. Horses are OK here, which is also rare at the lake. And the views are A-plus,” he said, pointing to the stunning expanse of Lake Tahoe, available from all south-facing rooms in the home.

“Additionally, the tennis court is so big, you could land a helicopter on it.”

Scoping out beautiful abodes creates an appetite, and fortunately, a gourmet lunch was available at Clear Creek Tahoe’s beach retreat, at 853 Stateline, close to Edgewood golf course. Access to this grass and sand beach and club house is available to all who purchase a home in the growing community of Clear Creek Tahoe, located on the eastern slope of the Carson Range. Clear Creek encompasses just over 2,000 acres surrounded by national forest land.



A house at Jameson Beach selling for \$6,750,000. Photo/Linda Fine Conaboy

Craig Cibulsky, a Chase Realtor, explained there are close to 400 available lots, with 171 in the development's first phase. "Just under 40 percent are sold," he said. "The cottage lots are one-third to about 2 acres, while estate lots vary in size from one-half acre to close to 5 acres."

He also said that purchasing a lot gets you social membership opportunities excluding access to the golf course, unless you purchase golfing privileges.

After an excellent lunch, it was on to the beautiful beachfront abode at 3115 Jameson Beach, selling for \$6,750,000 and represented by Robert Stiles.

This is a unique property in that it is fronted by an unimposing two-story guest home out front, with the grand

house sitting on the beach. The private, gated pier is 100 feet in length and features access to two buoys. Stiles explained that the property has been for sale for almost two years.

In total, the two residences are 6,234 square feet on about 1 acre of land. The two homes were constructed in 1991, with remodeling of the main residence taking place in 2014. Lake frontage totals 125 feet and access to the property is private through a gate on the road.

Vaulted ceilings in the main home, which is 4,796 square feet, add depth and glamour to the place. There are three ensuite bedrooms, a family room and a chef's kitchen with a Viking range. The five-car garage even has room for the boat.

And finally, bidding adieu to the East and South Shores, we found ourselves in Homewood, touring a magnificently large home with so many extras, it's difficult to recap them all.

Starting with an amazing 100 feet of pristine shoreline, this old-style Tahoe house is on the market for \$19,950,000. What else do you get for nearly \$20 million? How about four buoys, a shared pier, a lakeside gas fire pit and a lush lawn bordered by many old-growth cedars.

That's just for starters. The dining room sports 20-feet of folding glass doors, overlooking the lake. A culinary artist would love the open kitchen as well as the radiant heat throughout. Then there's the stately granite boulder fireplace. In fact, granite plays a large roll in this home's exterior as well as the interior.

It was constructed by Tahoe's Bruce Olson in 2009 with architectural design provided by his daughter and son-in-law who own the firm of Olson-Olson. The home is constructed on a double lot. All of the unique furnishings and art works will remain with the property; all except for some of the owners' favorite pieces of art.

The wood plank flooring was imported from France and the large downstairs bar top is of solid pewter. The four bedrooms downstairs all face the lake and are reminiscent of old Tahoe-style bedrooms in that they are small and intimate rather than large and impersonal.

In a small library room downstairs with a double-sided rock fireplace, is a Sherlock Holmes door—a hidden door on swivels masked by library shelves full of books. This leads to the corkage room where there's room for myriad bottles of wine, all temperature controlled according to their contents.

In the mechanical room towers a huge array of equipment used to control the sound throughout the home. Even the dock has its own sound control box. And at this lower level is a mother-in-law unit with a fully functioning kitchen.

This home first went on the market last year with an asking price of \$24 million. Judging from the substantial price reduction, Realtor Kelli Landman allowed as how the owners are now quite motivated to sell.

While we were able to only preview a few of the 26 homes on the tour, it goes without saying, that the others must be equally spectacular.

Opinion: How to be safe on Calif. roads

By Fran Clader

Summer in California is a time for many people to enjoy road trips, see the sights, and visit new places. The California

Highway Patrol reminds everyone to put safety first and prepare for travel so summer fun does not become summer disaster.

“Good planning will make your trip safer for everyone – the driver, passengers, and other motorists,” said CHP Commissioner Warren Stanley. “Be sure you and your vehicle are both ready for your summer adventures.”

Summer driving can be more dangerous than winter for several reasons. Vacationing motorists, unfamiliar with an area, may create more traffic and drive unpredictably, either admiring scenery or trying to find their way. More teenagers, who are inexperienced drivers, are likely to be on the road. Road construction occurring during the summer also requires caution.

The CHP offers these tips to help ensure roadway safety:

- Make sure your vehicle is ready for summer. Check the tires, lights, and radiator system.
- Summer temperatures place extra stress on your vehicle and all systems should be in good condition for safe travel.
- Know your route. Before you leave, research road conditions and construction. The California
- Department of Transportation has a mobile app for traffic information.
- Cell phones can only be used hands-free. However, it is much safer to stop before making or taking calls, even hands-free. Program any mapping devices before you leave.
- Buckle up. Be sure everyone in your vehicle is wearing a seat belt. Check that young passengers are using the correct child safety seat for their height and weight.
- Never leave pets, children, or the elderly alone in a car for any length of time. California laws
- address how to handle situations in which children or

animals are left in vehicles. However, the best approach if you see an unattended child or animal is to call 911.

- If your vehicle has a problem, such as a flat tire, move it to a safe location, if possible off of the
- highway. The shoulder of a roadway, no matter how wide, is not a safe place for repair work.

Fran Clader works for the California Highway Patrol.

Does eating at night make you fat?

By Alex Johnstone and Peter Morgan, The Conversation

Some media reports say that eating at night makes you gain weight, others say that it has no effect on body weight. So who is right?

First, it's important to remember that a gain in body weight only occurs when there is a change in calories consumed or calories burned. A calorie is a calorie, but there are conditions where food calories could influence your tendency to gain weight or lose it. For example, it is known that different foods have a different ability to make you feel full, which can influence your food choices later in the day and ultimately influence your total calorie intake.

If you feel full, you are less likely to snack. High protein meals for breakfast have been shown to reduce food cravings and help reduce snacking later in the day. A high protein meal kick-starts a release of dopamine, a neurotransmitter that stimulates feelings of reward. The reward response is an important part of eating because it helps to regulate how much

food you eat.

Also, when you eat may influence your drive to be physically active. If you have a large dinner, you might feel weighed down and less motivated to be active, so your chances of burning calories are reduced.

Eating late in the evening is linked to weight gain and obesity, whereas research shows that eating breakfast is linked to a lower risk of obesity. This supports the theory that it's better to eat your main meal earlier rather than later. But is not true for all types of breakfast. In one study, people who ate meat or eggs for breakfast (or both) were significantly more likely to have a higher body mass index than people who ate cereal or bread for breakfast. Not all breakfasts are created equal.

Different cultures have different approaches to patterns of eating, for example in Spain, a larger midday meal is common, followed by an afternoon siesta and evening tapas (small plates of food). Research by the University of Murcia in Spain shows that overweight women who consumed more at lunchtime lost more weight than those who consumed a larger evening meal, highlighting that changes in meal timing can influence obesity and success of weight loss therapy.

Is breakfast a coffee on the go or a sit down full English – or do you skip it altogether? If you don't usually eat breakfast, just adding it in won't necessarily lead to spontaneous weight loss. Research in obese adults, shows that some people even gain weight when they do this. We need more research to understand whether breakfasts of specific composition (high fibre or high protein) could improve weight management, and to understand the mechanisms that would best allow this.

For the moment, the idea that eating breakfast is associated with a lower risk of obesity and that eating late is linked

with obesity is not conclusive as the evidence comes from observational studies, which can't show cause and effect. So, for breakfast eaters, it is possible that lifestyle factors that may not have been accounted for in these studies, such as physical activity or smoking status, could explain the results. We need more evidence before we can support or reject the idea that timing of eating is important for body weight and health.

Lark or owl?

So how can we assess these claims about when to eat? Actually, the truth is that one diet message does not fit all people. Some people will be able to control body weight better with a big breakfast and some with a large evening meal. You can assess your own biological bias.

Are you an owl or a lark? Knowing your own tendency to feel alert and energetic – your “chronotype” – can help you plan your eating, work and sleep patterns. There are online quizzes to find out if you are an early bird or night owl.

As we understand this interaction of time of day and metabolism better, we will be able to give more accurate dietary advice to the individual that is not only related to nutritional composition, but also time of eating. But first, we need more chrono-nutrition research (time of eating linked to circadian rhythm) to fill in some of the gaps in our knowledge.

Alex Johnstone is personal chair in nutrition at the Rowett Institute, University of Aberdeen and Peter Morgan is chair professor at University of Aberdeen.

Organic prevention and management of powdery mildew on plants

By Melinda Myers

Spots and patches of white or gray talcum powder-like substance on your plant means powdery mildew infected your plant. This is one of the most widespread fungal diseases and attacks a wide range of plants. You may see mildew on a variety of trees, shrubs, flowers, vegetables and lawn grasses. Don't despair—you can reduce the risk of this disease with proper plant selection, maintenance and if needed organic intervention.

Powdery mildew is most common during hot dry weather. Wet foliage does not increase the risk of this disease, but high humidity does. You'll typically see more mildew problems in crowded plantings, damp and shady locations as well as areas with poor air circulation.



Powdery mildew occurs when the fungal organism and susceptible plants are present and the environmental conditions are right for the disease to

occur. Photo/Melinda Myers
LLC

Powdery mildew, like other diseases, occurs when the fungal organism and susceptible plants are present together and the environmental conditions are right for the disease to occur. Remove one of these factors and you eliminate the disease. You can't change the weather but there are some things you can do to reduce the risk of powdery mildew.

Avoid purchasing mildew susceptible plants. Instead select disease resistant varieties whenever possible. Fortunately, many new varieties of phlox, bee balm, lilacs and other mildew-resistant plants are now available at your favorite garden center.

Further decrease the risk by growing plants at the recommended spacing in the preferred amount of sunlight. Giving plants room to reach full size ensures they will receive sufficient sunlight and air circulation, thus reducing the risk of this and other diseases. Your plants will be healthier and better looking when they have space to show off their beauty.

Thin susceptible varieties of perennial plantings like phlox and bee balm in spring as new growth emerges. Removing one fourth of the stems increases light penetration and airflow reducing the risk of powdery mildew. Grow vine crops like cucumbers and squash on trellises and fences to accomplish the same results. Support large fruits of squash and melons with cloth slings anchored to the trellis.

Avoid excessive nitrogen fertilization that encourages lush succulent growth that is more susceptible to this and other diseases and many insect problems. Consider using low nitrogen slow release fertilizers that promote slow steady growth above and below ground.

If mildew continues to be a problem and is impacting the

health and beauty of your plants, you may decide to intervene. Lightweight horticultural oils trap the fungal spores on the plant preventing it from spreading. Select OMRI certified products that are approved for organic gardeners.

Always read and follow label directions of all chemicals, organic or synthetic, before applying to any plant. Thorough coverage of the upper and lower leaf surfaces and stems will improve your success rate.

Check plant tags, purchase wisely and adjust plant maintenance to reduce powdery mildew problems in your landscape. A bit of prevention and proper care go a long way to reducing the time spent maintaining healthy, productive and beautiful gardens and landscapes.

Melinda Myers has written more than 20 gardening books, including "Small Space Gardening." She hosts the Great Courses "How to Grow Anything" DVD series and the nationally syndicated "Melinda's Garden Moment" TV and radio segments.

Liberty Utilities' customers' info leaked

Liberty Utilities' customers on both ends of the lake have been getting calls from scam artists.

People are calling customers stating they are from Liberty Utilities and demanding cash payment to avoid shut off. These scammers are able to recite the customer's entire account number.

Liberty says it does not know how the account number and phone

numbers were released.

Liberty says it will never call customers demanding payment prior to shutoff. Customers receive several letters if they are in arrears. Customers should always call Liberty at 800.782.2506 if they have questions regarding their bills.