

Cyclist severely injured near Vikingsholm

A California Highway Patrol officer driving by Emerald Bay on Tuesday came across a cyclist down in the road.

He immediately called for an ambulance. This was at 3:38pm June 13.

The woman, whose name, age and hometown have not been released, was flown by CalSTAR to Renown Medical Center in Reno with a serious head trauma.

It is not known if she was wearing a helmet, how long she had been down or if she had been struck by a vehicle.

– Lake Tahoe News staff report

Men and suicide: Breaking the silence in EDC

By Laura Walny

Suicide in men has been called a silent epidemic around the world because of limited awareness. Yet according to the American Foundation for Suicide Prevention, men die by suicide 3.5 times more often than women and account for the majority of suicide deaths in most nations, including the United States.

El Dorado County is no exception. A study of health data in El Dorado County between the years 2005 and 2015 showed that 347

people died from suicide in the county, and 78 percent of these deaths were among males. In addition, 73 percent of the suicide deaths were among people aged 40 or older.

As a community, we need to be talking about suicide. It's important that everyone knows the risk factors and signs to look for, as well as protective factors that can help reduce the risk of suicide.

When it comes to suicide and suicide attempts, there are some big differences between men and women. Research shows that while females tend to make more suicide attempts than males, their methods are generally not as lethal as men. Men, by and large, tend to act more quickly on suicidal thoughts and to use more lethal means, such as firearms. Of the 347 suicide deaths in El Dorado County between 2005 and 2015, over half (54 percent) were committed with a firearm.

Risk factors and warning signs

Certain factors tend to put individuals at risk for suicide. These include social stressors such as social isolation, family breakdown (divorce or separation), overwork, and employment insecurity. These stressors can be especially difficult for men because they often do not have the same social supports as women. In addition, men may be less likely than women to seek out help when they are depressed or experiencing emotional problems. The stigma males may feel in asking for help with mental health problems can be very powerful.

In addition to social stressors, a history of alcohol or other drug use can be a significant risk factor for suicide. Social factors are often combined with alcohol or drug abuse, particularly in men. In fact, many suicides are committed while the individual is under the influence of alcohol or other drugs.

As men age, their risk for suicide can also increase. Risk

factors, warning signs and symptoms of suicide and depression can look different for older people than for young adults. Some risk factors increase with age, such as chronic health conditions; disabilities; limited mobility and access to services and activities; substance abuse; and fear of prolonged illness. Older adults face challenges such as coping with retirement, smaller budgets, health concerns, and loss of friends and family. Symptoms of depression in older adults (such as loss of appetite, changes in sleep and disinterest in activities once enjoyed) can often be mistaken for “normal” signs of aging.

The most critical warning signs of suicide are:

- Talking about wanting to die or about suicide
- Talking about feeling hopeless or having no reason to live
- Looking for ways to kill oneself.

If you are concerned about someone, don't ignore those feelings. Talk to them and ask direct questions. Call the Friendship Line at 800.971.0016 or National Suicide Prevention Lifeline at 800.273.8255 and talk with a trained counselor who can provide additional tips.

Protective factors

Research shows that there are certain protective factors that can help to reduce the risk of suicide. These include having a strong social circle of friends, engaging in meaningful activities such as volunteering or taking up a hobby, and staying as physically active as possible.

Major protective factors to help reduce suicide include:

- Effective behavioral health care
- Connectedness to individuals, family, community, and social institutions
- Life skills (including problem solving skills and coping

- skills, ability to adapt to change
- Self-esteem and a sense of purpose or meaning in life
- Cultural, religious, or personal beliefs that discourage suicide.

Ideally, a person will have multiple protective factors. If someone is severely depressed, it is important to reach out for help to a mental health professional or trained counselor.

Learn more

El Dorado County Behavioral Health and partner agencies offer trainings on suicide prevention. For questions about local suicide prevention trainings, call 530.621.6130. Behavioral Health also operates a 24-hour mental health crisis line at 530.622.3345 in Placerville and at 530.544.2219 in South Lake Tahoe for residents experiencing a mental health crisis. In an emergency, call 911.

Laura Walny is the program manager with the El Dorado County Health and Human Services Agency.

Casino industry ramps up effort to repeal sports betting ban

By Regina Garcia Cano, AP

The casino industry's largest lobbying group in the U.S. is ramping up its efforts to repeal a 25-year-old federal law that bans sports betting in most states.

The American Gaming Association on Monday announced the

creation of a coalition involving organizations of attorneys general and police, policymakers and others to advocate for the repeal of the ban that the industry says has fueled the \$150 billion illegal sports betting market.

The Professional and Amateur Sports Protection Act of 1992 bans sports betting in every state except Delaware, Montana, Nevada and Oregon. Legal sports gambling is allowed in those states because they had approved some form of wagering before the federal law went into effect.

Read the whole story

Duck races star in Day in Paradise festivities

The annual Day in Paradise fundraiser for the Optimist Club is June 17.

The day starts with a pancake breakfast at 8am.

The highlight of the event – the duck races – are from 10am-2pm.

There will be live music, games, food and beer garden throughout the day. The event ends at 6pm.

All the festivities are at Tahoe Paradise Park on the South Shore.

Beach bar gets OK from SLT council



The tiki bar at Tahoe Beach Retreat is almost in compliance. Photo/LTN

The tiki bar is back at the Tahoe Beach Retreat; this time with the blessing of the South Lake Tahoe City Council.

The seasonal bar caused controversy last summer when it was partially on the public beach without approval.

The council the month said it would allow the bar with some conditions. This approval allows the hotel to obtain the necessary ABC license.

Councilmembers Jason Collin and Tom Davis recused themselves from the discussion.

This summer will be considered a test period for the tiki bar. Key rules include operation from noon-9pm, appropriate signage, and not allowing alcohol onto the public beach.

Hotel guests and others may access the bar.

– Lake Tahoe News staff report

The infamous ‘spring chicken’ of Truckee



Carrie Pryor was a character in Truckee in the late 1800s
Photo/Truckee-Donner
Historical Society

By Abby Stevens, Moonshine Ink

On April 13, 1873, the *Daily Alta Newspaper* reported “that Carrie Pryor has acquired an unenviable reputation in Truckee ... She is a dangerous woman and it is high time this community were rid of her presence.” This wasn’t the first time Pryor had been written up in a newspaper – her name was splattered across police logs from Virginia City to Truckee.

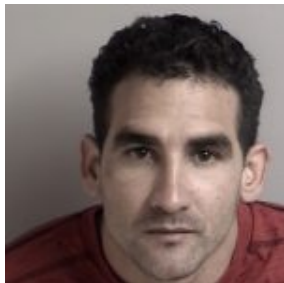
Truckee has always drawn a crowd of freewheeling and independent people. As the town began to establish itself in the Wild West, the list of characters who showed up grew. Among them, during this period, there stand a few outliers – people with the same wild spirit, but one big difference – they were women, not men.

1870s Truckee was a rough town. The rowdy town had little

place for women, but among the brave who held their own was Carrie Smith Pryor, known to most as “Spring Chicken.” She perplexed lawmen and vigilantes alike with her unbreakable spirit and propensity for getting into trouble. Pryor made her living working on Jibboom Street as a “lady of the night,” but her exploits did not stop there; she had a reputation for stirring up trouble in town.

Read the whole story

Carjacking, false imprisonment reported in SLT



Yordanis
Cobos-Martinez

A 29-year-old South Lake Tahoe man was arrested Monday night on charges of carjacking and false imprisonment.

Yordanis Cobos-Martinez at about 6:30pm June 12 allegedly tried to physically remove a woman from her vehicle that was parked at the 7-Eleven on Pioneer Trail in South Lake Tahoe.

According to police officers, when the 29-year-old female victim resisted, the suspect then got into her car and attempted to steal it with her inside.

Bystanders pulled the man out of the car. He then ran across the street to his hotel room. That is where officers found him.

The victim told officers she first saw the suspect, who was naked, as she walked out of the convenience store. Cobos-Martinez, she said, appeared to make eye contact with her. She ran to her vehicle and tried to lock herself inside.

Anyone who witnessed this event and did not speak to officers is asked to call 530.542.6100.

– Lake Tahoe News staff report

Snippets about Lake Tahoe

- On June 15 at 6pm the Tahoe Paradise Resort Improvement District board will be discussing whether to request that the El Dorado Local Agency Formation Commission convert the district from a resort improvement district to a recreation and park district. The meeting will be at the park.

- El Dorado Winery Association's 2nd annual Blind Barrel event will be July 15 at 6pm starting at Lava Cap. For more info, go **online**.

- AtYyA plus Goopsteppa and guests Sharu, Benjah Ninjah and Beatkarma will be at Blu Nightclub at MontBleu on June 20. Doors open at 9pm. Must be 21.

- "The Smog of the Sea," a documentary featuring a seafaring expedition of citizen science, will be shown June 16 at Basecamp Hotel in South Lake Tahoe. Doors open at 7:30pm, film starts at 8:30pm. Tickets are \$10 in advance **online** or \$15 at the door.

· Douglas County received the state's highest Park Excellence award for the planning, design and construction of the community and senior center in the valley.

Star Guide: Tahoe pines block the light of stars



Summer is a great time of year to explore the cosmos.
Photo/Ryan Berendsen

By Tony Berendsen

In early June with the last gasp of spring anticipating summer at Lake Tahoe a hazy band begins to show near the eastern horizon in the early evening. At first its presence is only noticed by veteran star gazers, but by the arrival of mid-

summer, the glorious milky path of our galaxy is undeniable and stretches from the southern horizon across the zenith to Cassiopeia in the northern night sky.

The immensity of the view of our galaxy fills the heart and mind with the amazing wonder of the cosmos. To see it for the first time is as breathtaking as the next time. To comprehend its grandeur perplexes our perception of our existence. Carl Sagan once said, "We are a way for the cosmos to know its self ... we are star stuff." When gazing at the Milky Way on a summer night at Lake Tahoe you are seeing the visual proof of his statement with your very eyes.

The Milky Way is a huge collection of gas, dust, planets, and stars. It is a stellar birthplace and graveyard, so large it would take a spaceship 100,000 years at light speed to travel from end to end. One galactic day, the amount of time it takes to spin once on its axis, is 250 million years.

If we were to travel in a spaceship to its center from the planet Earth, we would head toward the stars of the constellation Sagittarius just above the southern horizon, pass by them, and continue for another 25,000 years.

As mind boggling as wrapping your head around the view of our galaxy's hazy band is for us, so is the fact that all the single stars we see – every one of them – is within the Milky Way. They are still incredibly distant, but close enough for our eyes see them a single points of light.

The closest star to the sun is a mere 4.25 light years away. In miles, that's a distance of 25 trillion miles, so distant that there is no disk to see, only a small thin stream of photons.

I've always been fascinated by the blinking on and off of the single stars as seen while walking through the trees of Tahoe at night. Imagine, thin little pine needles blocking the light a star.

I wrote a poem the morning after a Star Tour at Northstar a few years ago remembering how the stars disappeared and reappeared during my walk among the pine trees. For star gazers the trees of Tahoe can be annoyance, blocking the view of stars, galaxies, moon, and planets, but they stand to demonstrate the immense distances to the stars.

Elders

I have from time to time

Walked amongst the pine

Not by warmth of Sol

But of lights of old

Those twinkling points up there

I see them every year

Like elders overlooking

And, yes I know how we are

To put in groups

Lay boundaries as to say

They may wander, ever stray

But we have seen them

Yes we have

Wander very far indeed

And still they seem to stay

I wonder if they play

A game we'll never see

*For a hundred lives of ours
Will barely catch a million miles
So I let them out of bounds
While I walk amongst the pine
And call them by their single names
Sometimes I play an elders' game
I'll block their sight with a single limb
And let them see when I move again.*

Tony Berendsen runs Tahoe Star Tours. He may be reached at 775.232.0844 or tony@tahoestartours.com.

MedWar teams being assembled for Sept. event

Wilderness enthusiasts, healthcare professionals, first responders, outdoor educators, and medical students can put their emergency medical knowledge to the test in the second annual Tahoe MedWAR Challenge on Sept. 9.

MedWAR, which stands for Medical Wilderness Adventure Race, is a daylong adventure race that combines physical challenges and wilderness medicine. In teams of four, participants navigate, trek, mountain bike, and kayak on an adventure course in the national forest of the Lake Tahoe Basin Management Unit. Along the way near Fallen Leaf Lake and Emerald Bay, teams encounter "victims" in mock wilderness medicine scenarios. Before moving on, teams must work together to assess, stabilize, and as

appropriate, treat their victims.

Barton Health medical staff create the course and organize the event.

The race is designed for participants with or without a medical background.

The challenge costs \$350 for a team of four people and includes a pre-event lecture, kayak rental, gift bag, team shirt, and a post-race dinner. Space is limited to 20 teams. Go **online** for more info or to register.