

# Letter: Bread & Broth thankful for support

To the community,

Robert Stiles, a real estate agent at Chase International, once again sponsored a Bread & Broth Adopt A Day of Nourishment and brought friends Gary and Melisse Morrison to help at his sponsorship dinner on Aug. 1.

This was Stiles' third sponsorship dinner in as many years and he has become a veteran B&B helper. Volunteering at their first B&B dinner, the Morrisons jumped right in and did a great job of bagging food, serving dinner and cleaning up.

Thanks to AAD sponsors like Stiles, Bread & Broth provides hot, nutritious meals every Monday at St. Theresa Grace Hall from 4-5:30pm to everyone who comes to our door. The Monday evening dinner guests in many cases are regulars who attend on a weekly basis or may be folks who are in a pinch and just drop in once to get a good meal while getting back on their feet. Whether a regular or a onetime drop in, the dinner guests are gracious and thankful.

"It was a pleasure to see and hear the appreciation from the people attending the dinner," said Gary Morrison.

The sponsors and their crews that come to help the B&B volunteers are key to putting the evening dinners on and their presence at every Monday evening meal is very much appreciated.

"It was fun to help and our B&B lead, Gail Clair, was so nice and really helped with all the setup," added Morrison. When B&B partners with our generous sponsors, everyone wins. But the biggest winners are those who are struggling with hunger who depend on the meals provided by B&B and our wonderful

sponsors.

For more B&B information, contact me at 530.542.2876 or carolsgerard@aol.com.

**Carol Gerard, Bread & Broth**

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# **Reading books good for your health**

**By Nicholas Bakalar, New York Times**

Reading books is tied to a longer life, according to a report.

Researchers used data on 3,635 people over 50 participating in a larger health study who had answered questions about reading.

The scientists divided the sample into three groups: those who read no books, those who read books up to three and a half hours a week, and those who read books more than three and a half hours.

**Read the whole story**

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# **Christie wants Supreme Court**

# to rule on N.J. sports betting

By Associated Press

Gov. Chris Christie thinks the U.S. Supreme Court should decide whether New Jersey can legalize sports betting.

Christie commented Wednesday while co-hosting WFAN's "Boomer and Carton" sports-talk radio show.

A federal appeals court on Tuesday set aside the state's challenge to a federal betting ban. The 3rd U.S. Circuit Court of Appeals ruling invalidated a law passed by New Jersey in 2014 that would have allowed sports betting at casinos and racetracks. The court found New Jersey's law repealing prohibitions against sports gambling violated the 1992 Professional and Amateur Sports Protection Act, which forbids state-authorized sports gambling.

Christie says officials are trying to stop New Jersey from legalizing illegal bets made on sports.

The Republican says it is "long shot" that the nation's highest court would take the case.

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## Off-road drivers get OK to race through Nev.

By Henry Brean, Las Vegas Review-Journal

More than 300 off-road racers have won permission to drive

across Nevada's newest national monument next week, but they won't be allowed to race or go off-road.

On Friday, the Bureau of Land Management issued a special recreation permit for the Best in the Desert "Vegas to Reno" off-road race, which is scheduled to begin Aug. 19 near the Lincoln County town of Alamo and end Aug. 20 in Dayton.

As a condition of the permit, race participants have been cleared to cross the newly designated Basin and Range National Monument, but they won't be allowed to drive faster than 35 mph or pass other vehicles.

**Read the whole story**

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## **Highway 28 delays expected through fall**

Weekday lane closures will begin Aug. 15 on Highway 28 south of Incline Village as the Nevada Department of Transportation starts work on a multi-year project to construct a shared use path and make other roadway safety and water quality improvements.

Through fall, drivers should anticipate periodic lane closures during the day and night in the Ponderosa Ranch and Tunnel Creek areas.

Additional construction-related lane and road closures will take place over the next two summers as construction of the pathway continues through 2018.

The project will build a three-plus mile shared-use path from the south end of Incline Village to Sand Harbor State Park.

Centerline rumble strips and emergency roadside turnouts will also be added. In addition, water quality improvements such as enhanced roadside drainage inlets, sediment filtration systems and erosion control will be installed.

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## Autumn Food and Wine Festival returns to Northstar

The 31st annual Autumn Food and Wine Festival returns to Northstar Sept. 9-11.

New this year are a Star Tour wine pairing, the final phase of competition for Northstar's Mountain Kids Cook-Off, and a family movie night with wines for adults.

Renowned regional chefs, craft breweries, wineries and distilleries are all part of the mix. The three-day event culminates with the grand tasting that Sunday.

Events are in the Village at Northstar and the Ritz-Carlton, Lake Tahoe. The gourmet marketplace is ongoing throughout the event, where people can sample food and adult libations, while perusing artisan booths. There is no charge for the vendor fair.

For a complete list of events/activities and to purchase tickets, go **online**.

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# Reno Jazz Orchestra to perform in Tahoe

Performing the best of Cole Porter to Stevie Wonder, the Reno Jazz Orchestra's 17-piece jazz band will present Music of the Masters – performance of blues, swing, and soul in Incline Village.

Award winning vocalists Jamie Davis and Clairdee will be with the orchestra.

There will be two performances – Sept. 2 at the Robert Z Hawkins Amphitheatre in Reno and Sept. 3 at Sand Harbor. Both two-hour shows start at 7:30pm.

Tickets are available **online**.

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# Calif. public retirees with \$100K pensions growing

By Teri Sforza, Orange County Register

Back in 2005, 1,841 retirees pulled down more than \$100,000 a year in pension checks from the California Public Employees'

Retirement System.

A decade later, membership in the so-called \$100K Club had swelled by nearly 20,000 souls.

CalPERS data provided to the conservative-leaning group Transparent California, and analyzed by the *Register*, found that 21,652 public retirees received annual benefits of more than \$100,000 in 2015.

That's a jump of 28 percent in just two years – which might seem jarring at first blush, but actually represents a slowdown in the club's explosive growth of late.

**Read the whole story**

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## **Douglas library providing free downloadable music**

Anyone with a Douglas County Public Library card can download and stream music for free through the library's new Freegal Music service.

Freegal Music offers more than 8 million songs, hundreds of genres, and thousands of popular artists.

Three songs may be downloaded every week; and you get to keep the songs.

Go **online** to get started. Freegal Music also provides a free app for Apple and Android mobile devices.

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# Snippets about Lake Tahoe

- Food Network star, Reno native and culinary storyteller Clint Jolly will be the featured guest chef at Sample the Sierra's pop-up dinner on Sept. 16. Tickets are available **online** for the 6-9pm event at Park Prime inside the Hard Rock at Stateline.
- Tickets for the Virginia & Truckee Railroad's holiday adventure to the North Pole go on sale Aug. 19 at 6am **online**.
- Liberty Utilities gave Lake Tahoe Unified School District an energy efficiency rebate of \$5,054.10. With the installation of new technology LED lighting equipment, LTUSD will realize an estimated savings of \$3,706 per year as well as reduce its annual energy use by 33,694 kWh.
- University of Nevada Cooperative Extension water resources specialist John Cobourn received the national Joint Council of Extension professionals award for creative excellence for his innovative approaches in programs addressing flash floods, environmentally friendly landscaping, Lake Tahoe's water quality, and other water issues in Northern Nevada.
- Children's Environmental Science Day is Aug. 20 from 1-4pm at Commons Beach in Tahoe City. The free community event is for children ages 4 and up and their families. The carnival-style festival includes hands-on activities designed to create an awareness of the unique ecology of Lake Tahoe and provide an opportunity to learn about science and the environment.