

K's Kitchen: Perfect protein rich lunch

By Kathryn Reed

After a workout most dietitians recommend athletes consume protein. Unfortunately after most USTA tennis matches I ingest wine and something salty. But that is not the case when I go home after a practice.

As a vegetarian, beans are my staple when it comes to protein.

The recipe below is simple and tasty. It is what I made after more than two hours on the court the other day.

What was fun is the scallions came from the back yard. I was given onions and garlic late last fall to plant – and now I'm harvesting at least the onions.

Most people would use this as a side dish. It was my lunch.



Warm Garbanzo Beans with Spinach

2 T lemon juice

Grated zest of 1 lemon

1 tsp Dijon mustard

2 tsp smoked paprika

1 tsp honey

$\frac{1}{4}$ C flat-leaf parsley, finely chopped

2 scallions, thinly sliced

$\frac{1}{2}$ tsp sea salt

Black pepper

$\frac{1}{4}$ C extra virgin olive oil

8 ounces spinach

1 14-ounce can garbanzo beans, rinsed

Whisk together the lemon juice, zest, mustard, smoked paprika, honey, parsley, scallions, salt and pepper in a small bowl. Add the olive oil slowly, whisking until combined.

In a medium saucepan over high heat, add the spinach with 3 tablespoons of water. Cook until wilted.

Add chickpeas.

Then add marinade. Cook until dressing is warm. Adjust seasonings to your liking.

Workshop to focus on Nevada commerce tax

Lake Tahoe South Shore Chamber of Commerce will host a training with Alex Smith on what is required for Nevada commerce tax for businesses that gross less than \$4 million.

The training will be on June 7 from 9-10am at the chamber

conference room in Stateline.

Nevada implemented a \$1.5 billion tax plan to fund its education system. As part of the plan, the state created a business entity tax called the “commerce tax.” The commerce tax law became effective July 1, 2015.

Each business registered to do business with Nevada is required to file, although those whose gross is less than \$4 million will not be paying the commerce tax.

This training is for all Nevada registered businesses that gross less than \$4 million.

Topics of discussion:

- Filing requirement
- Filing Return.

Record high temps possible in Tahoe, Truckee



Afternoon winds on June 1 brought out kite surfers on the South Shore.
Photo/LTN

By Kathryn Reed

Keep the sunscreen handy, it's just going to get hotter.

Temps in the Lake Tahoe Basin are expected to stay above normal through Saturday.

"We are not going to be this hot the rest of the summer. We had all those cold low pressures moving inland. This time it stayed off the coast so the high pressure could build and strengthen," NWS meteorologist Mark Deutschendorf told *Lake Tahoe News*.

If record highs are going to be broken, it will mostly happen on Friday or Saturday, according to the National Weather Service in Reno.

Stats from the NWS:

- **June 3**
- South Lake Tahoe record high – 80, set in 1980

Forecast high – 81

- Tahoe City record high – 83, set in 1924

Forecast high – 77

- Truckee record high – 88, set in 1912

Forecast high – 86

- **June 4**

- South Lake Tahoe record high – 83, set in 2013

Forecast high – 81

- Tahoe City record high – 83, set in 1992

Forecast high – 79

- Truckee record high – 87, set in 2003

Forecast high – 89.

“There’s a little bit of a lake influence forecast for that side,” Deutschendorf said of the North Shore.

Temperatures will be trending lower starting Sunday, returning to normal for early June, which is right about 70 degrees for the basin.

There is a slight chance of late afternoon thunderstorms on Saturday and Sunday. The unstable conditions could last into Monday.

Opinion: Time to get rid of the TSA

By Adam Minter, Bloomberg

This spring, millions of Americans have learned to dread going to the airport. An unfortunate combination of surging passenger volumes and declining numbers of screeners have led to security lines that can average over an hour in length.

Thousands of passengers are missing flights daily. Meanwhile, airports and airlines across the U.S. are struggling to contain passenger anger. In desperation this month, one leading U.S. airline trade group asked passengers to troll the Transportation Security Administration by tweeting photos of long lines with the hashtag #ihatethewait.

While no doubt satisfying, such stunts aren't going to speed up security checks before the upcoming summer travel rush. This problem has been years in the making. To solve it, the government may have to get the TSA out of the screening business altogether.

Read the whole story

Calif. pension fund CEO sentenced for bribery

By Associated Press

A federal judge Tuesday sentenced the former head of the nation's largest public pension fund to four and 1/2 years in prison in a case in which the pension fund CEO acknowledged accepting more than \$200,000 in bribes and trying to steer investments to help an associate.

Senior U.S. District Court Judge Charles Breyer called the case against Federico Buenrostro, the former chief executive

of the California Public Employees' Retirement System, "seriously troubling" and said it reflected a "spectacular breach of trust for the most venal of purposes, which is self-enrichment."

Buenrostro, 66, pleaded guilty to fraud and bribery charges two years ago, saying he started taking bribes around 2005 to try to get CalPERS staff members to make investment decisions that helped Alfred Villalobos, an investment manager and former board member of the pension fund.

Buenrostro said he accepted cash, a trip around the world and allowed Villalobos to pay for his wedding in Lake Tahoe. Villalobos killed himself last year, weeks before he was set to go on trial. He had pleaded not guilty to fraud charges.

"I take full responsibility and accept the consequences of the actions I took," Buenrostro, in a blue jail outfit and leg irons, told the judge before he was sentenced. "I'm humiliated, embarrassed and deeply ashamed of my actions."

Buenrostro's guilty plea came out of a yearslong investigation into the role of money-management firm middlemen, called placement agents, in helping clients win investment business from the pension fund. The fund manages health and retirement benefits for state employees and has about \$290 billion in assets.

Rob Feckner, CalPERS board president, said in a statement after the sentencing that the agency has taken "meaningful steps" to improve accountability and transparency.

"This saga has now come to an end," he said. "We are stewards of a sacred trust, and it must never be compromised for personal gain."

As part of his plea deal, Buenrostro acknowledged giving Villalobos access to confidential investment information and forging letters that allowed firms connected with Villalobos

to collect a \$14 million commission on \$3 billion worth of pension fund investments.

The former executive faced up to five years in prison, but the U.S. Attorney's Office asked for a four-year term, citing Buenrostro's cooperation in the case against Villalobos. He also has agreed to pay back \$250,000 to the state, prosecutors said.

Tim Lucey, representing the U.S. Attorney's Office, said Buenrostro had helped prosecutors understand the extent of his conspiracy with Villalobos and investigate other cases. He did not provide details about the other cases.

"This was one of the most startling and serious cases of public corruption in the history of the state of California...," he said. "That being said, Mr. Buenrostro did come forward and admit to what he had done."

Prosecutors sought the shorter sentence despite Buenrostro getting sent to jail when he violated the terms of his probation on a misdemeanor domestic violence charge by making contact with the victim, authorities say. He pleaded no contest in that case in March.

Students use pedal power to get to school



Students at Bijou Community School bike to school on June 1. Photo/Provided

Yes, there were more kids than usual on bikes today. And there will be on Thursday and Friday, too.

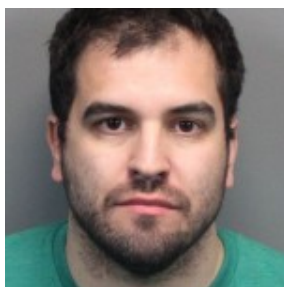


Bijou students met at the bike park at 8am and were at school 15 minutes later. Photo/Provided

Students in Lake Tahoe Tahoe Unified School District are participating in the Bike to School Challenge.

Kids are wearing school colors and biking together under the guidance of teachers and parents.

Former Lake Tahoe Brewing owner surrenders



Michael
Candelario

By Marcella Corona and Mike Higdon, Reno Gazette-Journal

The former owner of Lake Tahoe Brewing Co., Michael Candelario, turned himself in to Carson City Sheriff's deputies on Tuesday after he was linked to an ongoing theft investigation.

Candelario, 33, was wanted for two outstanding arrest warrants issued by the Carson City Justice Court. He was wanted on warrants for a felony contempt of court for missing a court date and a misdemeanor violation of pretrial supervision, Carson City Detective Sam Hatley said Wednesday.

Candelario was initially arrested in late February on a felony charge of theft in connection with a civil law suit. He was released on bail the next day.

Read the whole story

DA levels corruption charges against Stateline sewer district

By Evan Maxwell, Reno Gazette-Journal

Long-simmering political tension between Lake Tahoe casinos and the government of Douglas County broke out into open warfare last week.

In an extraordinary three-hour presentation before the Douglas County Board of County Commissioners last Monday, District Attorney Mark Jackson leveled charges of corruption, illegal collusion and political malfeasance against the leadership of a sewer district that treats millions of gallons of Stateline casino and resort sewage.

Severin Carlson, a Reno attorney who is representing board members and employees of Douglas County Sewer Improvement District 1, challenged Jackson's right to offer his presentation to the board Monday, saying it amounted to "a public flogging" that was "not a valid use" of a public meeting.

The district attorney called for dissolution of the sewer district, a public agency that he said has not held elections in more than 30 years. He said the district's board of directors has colluded in the last year to manipulate Douglas County politics in promotion of a plan to dump Lake Tahoe sewage in the Carson Valley.

Read the whole story

Changes to know at the 2016 World Series of Poker

By Case Keefer, Las Vegas Sun

Beware, those who are hoping to poker-star-gaze at the start of the World Series of Poker: The forecast inside the Rio ballrooms is cloudy.

The 47th annual event begins in earnest today, but unlike in past years, there's no tournament clustering all of the biggest-name poker professionals for at least a few days. The WSOP is focusing on its more common clientele to start, with the \$565 buy-in Casino Employee's event in its traditional opening slot today but followed by the identically priced Colossus II Thursday.

Last year's Colossus set a live-poker record for 22,374 entries. Recognizable pros will join the field, but they'll be hard to spot among a galaxy of players over the next three days.

[Read the whole story](#)

Historian to give talk about Donner Party

Historian and author Frank X. Mullen will present his program In the Footsteps of the Donner Party in a free presentation at

the Dangberg Home Ranch Historic Park on June 4 at 10am.

Mullen, author of "The Donner Party Chronicles: A Day-By-Day Account of a Doomed Wagon Train", takes audiences on the trail of pioneers in a presentation that features artifacts and reproductions of items used by 1840s travelers.

He teaches journalism at UNR, lectures about the history of the Silver State, and regularly performs in the Nevada Humanities Chautauqua program and other Chautauqua venues nationwide.

This is an outdoor event. Bring a comfortable camp chair. Shaded seating area is available. No dogs allowed.