

Navigational tool helps Tahoe cyclists, hikers

Lake Tahoe bicycling advocate has created a navigational aid designed to make it easier for people in the basin to locate a hike or bike ride that best matches their interest and skill level.

It's called **Tahoe's Ultimate Bicycling Guide**.

The guide covers five regions: California Alps, South Shore, North Shore, Carson Valley and Truckee. For each region there are suggestions for mountain biking, road cycling and cruiser rides.

Each category describes a ride or hike with distance, GPS coordinates, trailhead details, and challenge level. Additionally, each page is complete with a Google map, photographs, a brief historical background, and is GPS enabled. The GPS enabling features allow smart phone users to locate their position on their ride/hike in real time.

The Tahoe guide is administered by the nonprofit Team Tahoe, a nonprofit.

California fighting spread of invasive species

California agencies combatting the spread of invasive quagga and zebra mussels are reminding boaters to remain cautious over Memorial Day weekend.

Quagga and zebra mussels are invasive freshwater mussels native to Eurasia. They multiply quickly, encrust watercraft and infrastructure, alter water quality and the aquatic food web, and ultimately impact native and sport fish communities. These mussels spread from one body of water to another by attaching to watercraft, equipment and nearly anything that has been in an infested waterbody.

So far none have been found in Lake Tahoe.

Microscopic juveniles, invisible to the naked eye, are spread from infested waterbodies in water entrapped in boat engines, bilges, live-wells and buckets. Quagga mussels have infested 29 reservoirs in Southern California and zebra mussels have infested San Justo Reservoir in San Benito County.

To prevent the spread of these mussels and other aquatic invasive species, people launching vessels at any body of water are subject to watercraft inspections and are strongly encouraged to clean, drain and dry their motorized and non-motorized boats, including personal watercraft, and any equipment that comes into contact with the water before and after recreating.

To ensure watercraft are clean, drained and dry, many local agencies conduct boat inspections, including in the basin and Truckee.

Take the following steps both before traveling to and before leaving a waterbody to prevent spreading invasive mussels, improve your inspection experience and safeguard California waterways:

Clean – inspect exposed surfaces and remove all plants and organisms,

Drain – all water, including water contained in lower outboard units, live-wells and bait buckets, and

Dry – allow the watercraft to thoroughly dry between launches. Watercraft should be kept dry for at least five days in warm

weather and up to 30 days in cool weather.

Swobe, ex-Nevada state senator, dead at 87



Coe Swobe

By Marcella Corona, Reno Gazette-Journal

Former Nevada state Sen. Coe Swobe had two passions: nature and helping people.

He died Thursday morning of liver failure at the age of 87, but left behind two life-long legacies.

In 1969, Swobe brokered the first agreement between then Nevada Gov. Paul Laxalt and California Gov. Ronald Reagan and two state legislatures to help preserve Lake Tahoe.

The agreement would later establish the Tahoe Regional Planning Agency, the governing body that oversees regulation for the Tahoe Basin.

He also helped expand the Lake Tahoe park system, which includes Sand Harbor, through other legislative acts.

[Read the whole story](#)

N. Nevada legislative races draw big cash

By Seth A. Richardson, Reno Gazette-Journal

Several legislative races in Northern Nevada have hauled in more than \$500,000 combined in campaign cash as the June 14 primary nears.

Competitive races in and near Washoe County drew large sums of contributions, according to campaign finance filings from the secretary of state's office.

Four seats – three in the Assembly and one in the Senate – accounted for nearly \$560,000.

[Read the whole story](#)

Snippets about Lake Tahoe

- Elevated Fitness in South Lake Tahoe is looking to reward a teacher with an annual membership. Nominate an outstanding teacher **online**. Deadline is June 18.

- The funk-jazz-blues group Wesley Orsolic Band will play for free at the Beacon restaurant at Camp Richardson on May 28 starting at 5pm.

- According to the U.S. Forest Service, nationwide, more than 75,000 wildfires are reported each year. People cause about four out of every five.

- Douglas County Sheriff's Office Explorer Post No. 2105 received a Gardnerville Wal-Mart community grant for \$2,500.

CalFire ups staffing because of fire danger

CalFire is increasing its staffing as windy conditions are predicted to elevate fire danger across many areas of California.

With many Californians planning to recreate outdoors for the Memorial Day weekend, CalFire is asking the public to take steps to prevent sparking a wildfire. According to the National Weather Service many parts of California will see warm weather this weekend and winds through Saturday with gusts of 20-30 mph. There is a risk of lightning across the higher elevations in the Sierra.

Since Jan. 1, CalFire has responded to more than 1,100 wildfires that have burned more than 10,000 acres. Last week fire crews responded to 169 wildfires that charred approximately 4,000 acres.

Here are some tips to be safe:

Camping:

- Obtain a campfire permit
- Check for local fire restrictions
- Clear away grass, leaves and other debris within a 10-foot

perimeter of any campfire

- Have a responsible person in attendance at all times
- Ensure all campfires are completely extinguished before leaving
- When barbecuing, never leave the grill unattended,

Vehicle

- Ensure your vehicle is properly maintained with nothing dragging on the ground
- When towing, make sure trailer chains are properly secured
- Never drive or pull over into dry grass.

Breaking down the basics of mental health

Publisher's note: *This is one of several stories about mental health issues in the Lake Tahoe Basin that will be running through October.*

By Lake Tahoe News

Mental illness is a growing problem throughout the country, and Lake Tahoe is not immune to this trend.

Barton Health is taking an active role in bringing help to people in this area by hiring more specialists, adding services, and being a leader in getting people to be more aware about what mental illness is and what can be done to help people.



Kim Kilgore, a licensed clinical social worker at Barton Community Health Center and Barton Family Medicine, provides counseling services for adults experiencing mild to moderate mental health issues. Here she provides insight about mental

illness and health issues in the greater Lake Tahoe community.

Why should people care about mental health?

Kim Kilgore: We all know and love people who are affected by a mental illness. The stats show us that mental health conditions shape the society we live in and affects us all.

For example, according to Barton's Community Health Needs Assessment, 10.3 percent of the population reported fair or poor mental health and 31.4 percent showed symptoms of depression.

From a national perspective, the National Alliance of Mental Illness (NAMI) shares these facts:

- 43.8 million Americans experience a mental illness each year
- 26 percent of homeless adults are living with a severe mental illness
- 24 percent of state prisoners have a "recent history of a mental health condition"
- Depression is the leading cause of disability worldwide
- Serious mental illness costs the U.S. \$193 billion in lost revenue each year
- Suicide is the 10th leading cause of death in the

United States, 90 percent who commit suicide have an underlying mental illness

· Nearly 60 percent of adults with a mental illness did not receive mental health services in the previous year and 50 percent of youth (ages 8-15) did not receive treatment.

Define mental illness.

Kilgore: The National Alliance for Mental Illness defines mental illness as a “condition that impacts a person’s thinking, feeling, or mood and may affect his or her ability to relate to others and function on a daily basis.”

How common is it to have a mental health issue?

Kilgore: Approximately one in five people have a mental illness, according to NAMI. The Substance Abuse and Mental Health Service Administration (SAMHSA) state that 18 percent of adults have a mental illness. Anxiety disorders are the most common mental illness in the United States.

What did this area’s Community Health Needs Assessment (CHNA) reveal about mental health on the South Shore?

Kilgore: According to the CHNA, the suicide rate in El Dorado County is higher than the California average and neighboring Douglas County. Two-thirds of participants surveyed believe mental illness is a major problem in our area, which has led to more community actions and cooperative efforts to address mental health.

How is mental illness hereditary?

Kilgore: Many mental illnesses have been linked to genetic components. For example, adults with relatives that have bipolar disorder are 10 times more likely to develop bipolar disorder. According to current research, bipolar disorder has the greatest genetic link of all mental illnesses. SAMHSA also breaks down other mental illness and the genetic component on

their **website**.

Is there a way to prevent mental illness?

Kilgore: Mental illness can be caused by a variety of different events including genetics, environment, lifestyle choices, substance abuse, and traumatic incidents. One of these events, or combination of events, can create conditions which may lead a person to develop or be more susceptible to developing a mental illness.

Evidenced-based prevention strategies include:

- Destigmatizing mental illness.
- Education about common signs and symptoms of mental illness.
- Identifying signs/symptoms and providing early intervention when a person develops a mental illness.
- Abstinence or reducing use of drugs and alcohol.
- Increasing an individual's protective factors (which include: social support, self-esteem and self-control). Access to mental health and substance abuse treatment.

When should someone seek help? And where?

Kilgore: If signs and symptoms of mental illness are lasting for weeks to a month at a time and are impacting everyday life and relationships, it is time to get help. Mental illness is treatable. A person should talk to his or her healthcare provider about the symptoms or request a referral for mental health counseling. You can also contact the health insurance company and request a list of mental health providers in your area.

If a person needs immediate assistance and having thoughts of self-harm or harming others, 24-hour help is available by

calling 800.272.8255. The person can also call 911 and request a “welfare check.”

What can a relative or friend do to support a loved one who may be suffering from a mental health issue?

Kilgore: Some ways a relative or friend can show support for a loved one suffering from a mental health issue are:

- Help a loved one find resources for help where he or she lives.
 - Learn more about mental illness.
 - Listen empathetically and with compassion
 - Contact your local NAMI chapter or get tips from **NAMI online**.
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Editorial: Calif. drought isn't history just yet

Publisher's note: *This editorial is from the May 21, 2016, Sacramento Bee.*

Remember that “historic” drought? The one that erased snow from the Sierra and was turning the Central Valley into a dusty bowl?

Remember how it was supposed to be permanent? How all Californians need to forever change the wasteful ways we use water because most of the state is, in fact, a desert?

We remember. We're not sure about the State Water Resources Control Board and some local water agencies, though.

Dazzled by winter precipitation that, while wetter than before, failed to measure up to even normal snowpack, the board voted to lift a statewide conservation mandate that had been in effect since last summer.

[Read the whole story](#)

Safety tips for recreating on USFS land

Crews on the Eldorado National Forest have been busy getting the forest ready for the rush of visitors expected this weekend.

Visitors are reminded to check the status of their favorite campgrounds as not all facilities are open.

Campground status: Campgrounds expected to be open for Memorial Weekend are Fashoda, Silver Creek, Wolf Creek, Yellowjacket, Ice House, Wench Creek, Gerle Creek, Sunset (sites 62 to 131), Dru Barner campground, Strawberry Point, Jones Fork, Northwind, Northshore, Middle Fork Cosumnes, Pardoes Point, South Shore, Sugar Pine Point, Stumpy Meadows, Ponderosa Cove Group, Hell Hole, Westpoint, Airport Flat, Camino Cove, Azalea Cove, Lone Rock, Bridal Veil, China Flat, Sand Flat, Capps Crossing, Silver Fork, Mokelumne, White Azalea, Pipi and Loon Lake. Campgrounds above 6,000 feet in elevation that are expected to open in mid to late June are Bear River Group, Caples Lake, Kirkwood Lake, and Silver Lake East.

Woods Lake and Wrights Lake at over 7,000 feet in elevation will be the last to open most likely in late June to early July.

Black Oak Group campground and Big Meadows campground are closed until repairs from the King fire are completed later this summer.

Sunset loops 1 and 2 (sites 1-61) are temporarily closed through mid-August due to nesting bald eagles which were found last week.

The Union Valley Reservoir area has numerous campgrounds for campers.

Wench Creek Campground is a great alternative to Sunset Campground and doesn't require reservations.

Fire and wilderness permits: Outside of hosted campgrounds, visitors must have a California campfire permit to have a campfire, charcoal barbecue, or use a gas stove or gas lantern. The permit is your agreement to follow the campfire restrictions and regulations in effect. Remember that regulations governing campfires can change with weather conditions and the seasons. Smoking outside of an enclosed vehicle may be completely prohibited during times of high fire danger.

Wilderness permits are required for the Desolation and Mokelumne wilderness areas. Hikers and backpackers should be prepared to encounter snow in the high country. The Eldorado National Forest Interpretive Association (ENFIA) will be staffing the Carson Pass Information Station on Highway 88 Memorial Weekend to assist visitors with Mokelumne Wilderness permits and recreation information. They also staff the Pyramid Creek Trailhead on Highway 50 by Twin Bridges to provide recreation information for forest visitors.

Road conditions: Most of the roads on the Eldorado National

Forest are open for vehicle travel. The higher elevation routes including the Mormon Emigrant Trail are still blocked by snow drifts or wet from melting snow. Be cautious of downed trees where crews have not yet cleared the roadways.

Hazard trees: Visitors are urged to be extra aware of the trees around them due to the ongoing hazards of fire killed trees in the King Fire area and the hazards caused by drought and insect stricken dead or dying trees.

Fish advisories: The California Office of Environmental Health Hazard Assessment recently issued a fish advisory to provide safe eating advice for fish caught in Hell Hole Reservoir in the Georgetown Ranger District as well as the nearby French Meadows Reservoir in the Tahoe National Forest. There is also a general statewide advisory for eating fish from California's lakes and reservoirs. Visitors who are fishing should be familiar with OEHHA's safe eating guidelines.

South Lake Tahoe Pier 1 closing

Another store is closing at the Y in South Lake Tahoe – Pier 1 Imports.

Everything is expected to be gone by the end of June.

When Pier 1 opened in fall 2005 the company signed a 10-year lease for the 10,795-square-foot building. Pier 1 sought out South Lake. The company at the time was on a quest to expand into small and mid-size markets.

Local employees, of which there were about a dozen at the

busiest times, deferred comment to corporate. No one there was available for comment.

This isn't the first time the store has said it would close. On April 3, 2009, a liquidation banner went up at this store with the expected closure at the end of that following May.

Goodwill Industries, a mega-thrift store, plans to move in. That's the same group that had designs on the building seven years ago.

The other store closing in June is Staples. Smart & Final will be taking its place.

– Lake Tahoe News staff report