

# K's Kitchen: Dinner without a plan

By Kathryn Reed

Sometimes I look at a full cupboard and refrigerator, and claim there is nothing to eat.

Hunger has a way of changing my mind.

It was time to start throwing things together to see what might meld together that could be considered dinner. The only problem, so to speak, with what I assembled is that it tasted so much better the next day. That's why I would either cook this in a crockpot all day (so ignore the instructions), or just reheat it the next day, or have it simmer for a long time the initial day.

This is one of those recipes like spaghetti – it's just better after all the ingredients have had time to come together. It shouldn't be rushed. Still, it was good the first day.

This would have been perfect with naan bread. I didn't have any. Instead I heated a tortilla on the stove for dipping purposes.

The canned products have a good amount of sodium. Taste the final product before deciding to add any salt.



## **Garbanzo Beans with Spinach and Tomato**

2 T olive oil

5 cloves garlic, minced

1 medium yellow onion, diced

5 C spinach, packed

1 15.5 ounce can garbanzo beans, drained

1 14.5 ounce diced tomatoes

1 tsp (heaping) turmeric

1 tsp curry powder

1 tsp cumin

Coat medium sauce pan with olive oil. Over medium heat cook garlic and onion until translucent. Add spinach, stir until it's wilted.

Add beans and tomato.

Add spices.

Simmer for 20 minutes.

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# **Heller contemplates run for Nev. governor**

**By Seth A. Richardson, Reno Gazette-Journal**

Sen. Dean Heller, R-Nev., on Wednesday left a possible run for

governor in 2018 on the table.

Heller made the comments on political talk show “Nevada Newsmakers”. Republican Gov. Brian Sandoval will be term-limited in 2018.

“I always keep my options open,” Heller said. “Frankly, most of those involved in the political process try to keep all their options open. But I just want to reiterate, how thrilled I am to be a United States senator and how much I do enjoy the job, love the committees I am on and will continue to work for the betterment of the state of Nevada.”

Heller isn’t the first federally elected official to express interest in the job. Rep. Mark Amodei, R-Nev., said in 2015 he would consider running for the post as well if Heller doesn’t enter the race.

**Read the whole story**

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## **Letter: Unity at the Lake serves at B&B**

**To the community,**

Bread & Broth would like to thank Unity at the Lake Church members for their ongoing support of our efforts to ease hunger in our community. About 10 Unity at the Lake (UATL) members are regular Bread & Broth volunteers who serve and cook at the Monday evening meals, help with the Bread & Broth 4 Kids Thursday bag packing and serve on B&B’s board.

As an all-volunteer, nonprofit organization, Bread & Broth truly appreciates the support that we have received from UATL

since the program's inception over 26 years ago.

On April 25, UATL donated \$250 to sponsor another Adopt A Day of Nourishment. UATL members Diana Silva, Sandra Olivo, Susanne Hoy, Gayle Bradshaw, Paige Rice and Jenna Poell came to the dinner to help.

"The Unity at the Lake cooking and serving crew was happy to be joined by the fellow members of Unity at the Lake to help feed and serve our community," commented Kathi Olsen, B&B's lead cook for the fourth week of the month. In addition to Olsen, UTLA church members Cindy Archer, Bob Neidermeyer, Donna Hawsford, Cherie Kagan, Linda Witters and Mike Farnon are the B&B volunteers who serve every fourth Monday of the month.

St. Theresa Bread & Broth is very thankful for the partnership it shares with Unity at the Lake Church and appreciates their efforts at transforming lives in with positive and inspiring deeds.

To partner with B&B as a donor or sponsor, contact me at 530.542.2876 or carolsgerard@aol.com

**Carol Gerard, Bread & Broth**

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# **Airbus sets sights on stratosphere with Minden glider flight**

**By AFP**

MINDEN – Airbus on May 7 completed a test flight of a glider

set to eventually travel to the edge of space, in a pioneering step into the stratosphere.

The Perlan 2's flight, from an airstrip in Minden, took place two hours after the planned 1:45pm start time due to heavy rain.

"It was short," said chief executive Tom Enders, who served as co-pilot, said after exiting the plane. "Because of the clouds, we couldn't see any more otherwise we would still be up there."

The flight, part of a series in recent months from the mountainous area just east of Lake Tahoe, aims to test how well an aircraft and its crew can fare in conditions similar to those on Mars, with extremely thin atmosphere and bitterly cold temperatures.

**Read the whole story**

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## **Clean Tahoe launching spring clean up**

Clean Tahoe's inaugural spring clean up is May 21, 9am-noon.

Volunteers will be picking up roadside and neighborhood litter from several locations throughout South Lake Tahoe.

**Click here** to register and select a cleanup location. For groups of three or more wanting to adopt an area to clean that's not on the list, call 530.544.4210.

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# Supporters of marijuana industry: Pot summit at UNR is out of line

By Chris Kudialis, Las Vegas Sun

What's billed as a marijuana education conference this week at UNR is more like a state-sponsored, government-funded propaganda rally against legalization of the drug, say supporters of the state's marijuana industry.

And they think that if UNR is allowed to put on the event, they deserve equal time.

The conference, titled "Marijuana Summit: What Health Care Professionals, Law Enforcement Officers, Employers and Members of the Court Need to Know," features presenters such as Nevada Assemblyman Pat Hickey, an opponent of legalization efforts; Mel Pohl, medical director of the Las Vegas Recovery Center; and Jim Gerhardt, a Thornton, Colo., police sergeant who has traveled across the country over the past year cautioning legislators of the dangers of marijuana.

Critics question why the Division of Public and Behavioral Health, an arm of the state Department of Health and Human Services, would be involved, given that the division's mission is to carry out public policy and not to sway public opinion on it.

**Read the whole story**

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# Barbera Festival highlights versatile grape

Amador County's sixth annual Barbera Festival showcases more than 80 wineries from all over California, and takes place June 11 at the Terra d'Oro Winery/Montevina Vineyards near Plymouth.

The event provides attendees with the opportunity to compare and contrast this versatile varietal, including four Barberas from Italy selected by Darrel Corti. The festival features extensive wine tasting along with gourmet Barbera-friendly food prepared by the region's top chefs and purveyors, live music, and hand-crafted works by local artisans.

New this year, a hands-on sensory station enables attendees to learn about the aromas and flavors characteristic of the varietal, and about barrels, toasts and soil compositions.

Barbera originated in the Piemonte region of northern Italy, and today nearly 200 California wineries produce the varietal, which is known for its low tannin and generous acid structure yielding a smooth, food-friendly wine.

The Barbera Festival was founded in 2011 by Brian Miller and Deirdre Mueller, owners of the Amador 360 Winery Collective tasting room.

The Barbera Festival takes place from 11am-4pm. Tickets are \$50 (\$40 for designated drivers) and must be purchased **online in advance**.

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# SLT planners hold builders accountable

By Kathryn Reed

To build or not to build? If only it were that simple.

What is allowed to be constructed and where depends on a slew of criteria. And once those rules are met, local, state and federal mandates come into play. Then when it's all done, the work must be inspected.

That was the oversimplified version of what the Development Services Department in South Lake Tahoe does. This was week five's lesson for attendees of the Citizens Academy.

The academy is a free seven-week course designed to give residents a better understanding about how the city works as well as an opportunity to ask questions of staff. (This reporter is part of the current class.)

To bring home the complexities of what the department has to deal with the class was divided into three groups to go through exercises that employees deal with on a regular basis. One involved a new fence. This requires a permit, but the applicant is allowed to draw her own site plans, which lowers the costs. This process was deemed simple and straightforward.

Another group dealt with Americans with Disabilities Act regulations. "There is a lot of stuff you don't think about, like door handles," one class member said.

The city has an ADA specialist who works with businesses to make sure they are in compliance. The city is also in the process of making sure all of its facilities are up to code.

The third group had to figure out what uses are allowed in the various sectors of the Tahoe Valley Area Plan and whether a special use permit would also be needed. The Y area allows for residential, tourist accommodations, retail commercial, entertainment commercial, service commercial, light industrial commercial, wholesale-storage commercial, general public service, linear public facilities, recreation, resource management and open space. Categories are further defined from there.

One of the problems the city runs into is people doing construction without a permit. In the last year 198 stop work orders have been issued. Mostly it's people knowingly doing illegal work – like remodels without a permit. There is a fine of \$321 and then the original permit fee is doubled for those who are caught.

Inspecting vacation rentals has become a big job of this department, with 712 inspected since October and another 800 or so to go. Most have failed the initial inspection. Hot tubs without permits are one of the biggest infractions. Emergency lighting, defensible space and handrails are other common violations.

The city has a checklist for owners so they can work on things before inspectors come to the dwelling, so most of the required fixes should not be a surprise.

New to the department is a fire inspector. The 115 hotels in the city limits will be the first to be inspected. South Lake Tahoe has not done commercial inspections in more than eight years.

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# Opinion: Breaking mom's heart

By Hattie Jean Hayes

A spoiled child, I was flabbergasted and a little furious when, at the age of 5, I was told I could not live in my mother's basement when I grew up.

"You can't live here forever," my mother insisted. "You have to leave."

"You only live five minutes away from your mom!" I protested. "I can just live in the basement, and I can keep my husband and kids down there with me. I promise I'll never leave."

My mother just laughed at me. "I'm sorry," she said. "But you can't make promises like that to me, or to anyone."

For most of my childhood, I assumed my mother's vehemence came from her dislike of housekeeping, and of the idea that she would have to pick up after my own spoiled children if we all lived in the basement. So then I resolved to live down the street, keeping with family tradition. My mother, and all her sisters, lived a hop, skip, and a jump from my grandmother, in what seemed like an unspoken rule of daughterhood.

It seemed scandalous for my mother to encourage me to move far away from our Missouri hometown for college, seemingly shirking my familial obligation. Nothing seemed better than living out my life in Grain Valley, alongside the family I felt equally endeared and indebted to. Staying with my parents in perpetual girlhood sounded like paradise; leaving them, like a betrayal. It seemed an insult to my parents to even consider a life that was, somehow, superior enough to justify abandoning them. My mother's insistence confused me to no end, even as I began to receive scholarship offers from out-of-state universities.

I did not fully understand my mother's urgings until I was 18 years old, in a rented car with her, somewhere between San Francisco and Los Angeles at 4 in the morning.

"I need to tell you something, Hattie, and I need to know you aren't going to hate me," my mother said out of the blue. We had spent the day touring colleges in Los Angeles, and had been driving for hours to spend the next day exploring Stanford and UC Berkeley. I wondered if my mother's impending confession was some sort of car trouble that would strand us in the middle of an unfamiliar state. I encouraged her to go on.

That's when my mother told me about her first marriage. At the age of 20, my mom married her high school sweetheart. He did not treat her kindly. He was abusive. One day, she packed a suitcase while her husband was out, left a full dinner on the table, and never set foot in their apartment again. They were divorced soon after, and within the year she would meet my future father. Her second husband, I thought to myself in disbelief.

In my mind, a dozen stray puzzle pieces slipped into place. My mother's astounding work ethic had sprouted from necessity, and from fear. Her goofy anecdotes of young adulthood were always edited around a decade-long relationship she wasn't ready to tell me about. And my mother's insistence that I not hunker down in her basement reflected her worry that the promises I made when I was young would keep me from experiencing the world as an adult.

"I was going to tell you when you turned 18 and got engaged and put your dreams on hold for a boy," my mother said, "and then I finally realized you would never do that. You aren't me."

Indeed, I was and am not my mother: I laughed in my high school boyfriend's face when he suggested I tailor my college

decision to his preference. And I could see now that, throughout high school, I was paving the way to live wherever I wanted and attend whichever university I liked. The world was my oyster. And suddenly I understood that at 18, the world had been at my mother's feet, too, but she had made other promises.

When my mother remarried, she was able to take on one dream she'd held close to her heart for a long time: having children. Throughout my youth, my mother told my younger brother and me that our joy would always be her top priority, and that being our mom was her No. 1 job. As I've grown up, I have come to understand how my dreams have also become my mother's. The day I was born, my mom told me, she felt she had everything. And since, she's dedicated herself to making sure I would feel the same way someday, even though it meant her heart would break.

When my mother sent me out into the world, she knew she'd never get quite get the same daughter back. Once I had a taste of independence, and of success, a rift would form between us: the fate of mothers and their daughters who leave. I've come to see since that my mother is more isolated now than I was when I first turned up in Phoenix, a small city of millions of strangers.

My mother bears the burden of my younger brother's sadness and frustration at the absence of his older sibling. She witnesses my father's fear for my safety and my grandmother's fretting. I wonder if my aunts and uncles ask my mother why I don't make the effort to come home more. When I was a child, my mother gave up friendships to spend time with me, and now she gives me lighthearted briefings on failed lunch plans and dud "girl dates." She's open about her sadness—she tells me when she has "sorrow for dinner," or when she's cried herself to sleep. I am, perhaps, the only person who understands her heartache, because I gave it to her.

I watch my mother's grief from afar, like watching a possible version of my future self in a crystal ball. I know that one day, I will send my own children into the world, and it will be hard. But my mother has prepared me. I will understand when my children don't want to come home during holidays, and when they come home with newly acquired beliefs I can't understand, I'll remember the way I argued with my parents during my first collegiate summer home. Or, better yet, I will turn to my mother for advice.

I have, at 21, more freedom than I know what to do with. And as I get older, that feeling will only grow; my mother has created a trust fund of the liberties she missed out on. In chasing my own dreams, I'm fulfilling hers, too.

If at 18, I'd decided that living in my mother's basement was truly the life I wanted, my mom would've furnished it for me. But that's not how it happened. Instead, my mother taught me unconditional love by encouraging me to break her heart. My mother wouldn't let me make promises to her, so instead, I call her once a week and tell her about the promises I'm making to myself.

*Hattie Hayes is a comedian and writer. She hosts a weekly variety show in Phoenix, Arizona, and will graduate from the Walter Cronkite School of Journalism at Arizona State University in May 2017.*

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# The science of making friends

By Elizabeth Bernstein, Wall Street Journal

I've been going on a series of dates lately.

I exchanged numbers with the person sitting next to me at a Cabernet tasting at my favorite wine bar and went for a coffee with a neighbor I met walking my dog. I reached out to people from my past I haven't seen in years, to see if they're newly available.

I'm trying to make new friends.

A body of research shows that people with solid friendships live healthier, longer lives. Friendship decreases blood pressure and stress, reduces the risk of depression and increases longevity, in large part because someone is watching out for us.

Starting in early adulthood, our number of friends starts to decrease steadily. Changes in friendships typically happen around life transitions: graduation, parenthood, job switches, divorce or death of a spouse. One study, published in 2015 in *Evolutionary Behavioral Sciences*, looked at 540 men and women and showed we lose an average of two friends when we gain a romantic partner.

**Read the whole story**