

Hwy. 50 open after 3-car accident in American River canyon

A three-car accident that included one vehicle landing on its roof and another 10-feet down the embankment headed toward the American River resulted in at least one ambulance taking injured people to Barton Memorial Hospital.

The Friday collision that closed Highway 50 for about 30 minutes in both directions still had California Highway Patrol officers at the scene as of 11:30am. The accident was near Camp Sacramento and happened about 10am.

The number of people injured and their names have not been released. The cause is also still under investigation.

No snow fell overnight, but it's not known if ice could have been a factor.

– Lake Tahoe News staff report

Nevada has third highest-rate of interracial marriages

By Steve Timko, Reno Gazette-Journal

One in four recent Nevada marriages is interracial or

interethnic, the third-highest rate in the nation, according to a Pew Center report released this week.

Using U.S. Census Bureau data, the research group concluded that out of the 57,065 marriages by Nevada residents between 2008 and 2010, 25.6 percent were interracial marriages. That trailed only Hawaii and Oklahoma.

Nevada ranked third nationally for marriages between Caucasians and Hispanics (11 percent) and also third for marriages between Caucasians and Asians (5 percent), according to the Pew Center report.

Nationally, about 15 percent of marriages were mixed.

“The rise in interracial marriage indicates that race relations have improved over the past quarter-century,” Daniel Lichter, a sociology professor at Cornell University, told the *Associated Press*.

“Mixed-race children have blurred America’s color line. They often interact with others on either side of the racial divide and frequently serve as brokers between friends and family members of different racial backgrounds,” Lichter said. “But America still has a long way to go.”

What does Nevada rank so high? State Demographer Jeff Hardcastle thinks it’s the types of jobs in Nevada, especially in the service industry, like hotels.

Read the whole story

Burning Man changing ticket policy

By Geralda Miller, Reno Gazette-Journal

Burning Man organizers spelled out on Wednesday a plan for resolving their ticket crisis after conducting their first ticket lottery, which left many long-time attendees ticketless.

A lengthy post on the organization's website told those eagerly awaiting the news that the 10,000 tickets scheduled to be sold next month in an open sale now will be "manually redirected" to groups necessary to the weeklong experience in the Black Rock Desert.

In January, the lottery awarded 43,000 tickets after collecting about 120,000 registrations for the lottery.

"It's clear that the current situation has created holes in our social fabric," Marian Goodell, spokeswoman and a founding board member of Black Rock City LLC, wrote on the website post. "Many of the core volunteers, major interactive camps, art car projects, performance groups and funded and unfunded art projects do not have enough tickets to bring their works to the playa."

Read the whole story

Paul Revere & The Raiders

Paul Revere & The Raiders will be at Harrah's Lake Tahoe South Shore Room on March 10 at 7:30pm.

Tickets are \$37.50.

For more information, call 800.786.8208.

Give Your Medicine Cabinet a Makeover

Between beauty products and a vast array of over the counter drugs available, it can be a challenge to know how to choose what is good for you, not to mention potential side effects.

Give Your Medicine Cabinet a Makeover will introduce people to alternatives to synthetic and artificially processed drugs and beauty products.

The class is free. It will be taught by Rachel Jones, a licensed massage therapist, nutrition and wellness coach, and yoga instructor.

It is Feb. 25 from 10am-noon at the Lake Tahoe Wellness Center, 695 Wolf St., Kings Beach.

Space is limited. RSVP to Rachel Flower at (415) 827. 2623 or email rachel@senssoma.com.

Champions for Children

The 6th annual Champions for Children event is April 25 in Placerville and April 26 in South Lake Tahoe.

Both events start at 9am, with a noon lunch to follow.

This year's theme is "Making Your Organization Parent and Family Friendly – Strategies for Effective Parent Engagement" with Joni Samples as presenter.

This professional development opportunity is designed to help people develop tools and strategies for effective parent engagement in community based organizations, schools and agencies.

For more information, contact Elizabeth Blakemore at (530) 295.2312.

Essential oils clinic

Rachel Jones, a licensed massage therapist, is giving a talk on the clinical approach to essential oil application on Feb. 24.

The 11:30am-2:30pm event is at Lake Tahoe Wellness Center, 695 Wolf St, Kings Beach.

The free event is geared toward alternative health practitioners, massage therapists, yoga teachers, spa technicians or anyone who simply wishes to expand their skills and knowledge in the use of essential oils.

Space is limited. RSVP to Rachel Flower at (415) 827.2623 or rachel@senssoma.com.

Beach Boys in Tahoe

Beach Boys reunite for a tour that includes a stop at the Harveys Outdoor Concert Series in Stateline on July 15 at 7pm.

Learning to take control of stress

By Mandy Kendall

With the snowfall we have had these past few days I wondered if it would, at last, relieve a little of the stress that local businesses must have been feeling over the last few dry months?

A small amount of stress is vital for our well-being, but too much stress and we risk our mental and physical well-being. Thousands of years ago, for our ancestors, stressful situations tended to involve things like running from or fighting with Saber tooth tigers. (Pretty stressful I should imagine.) Hormones would flood the body to speed up certain responses such as heart rate and blood flow to muscles, but also slow down less immediately vital ones, like digestion, so that they could flee to safety. Once they'd decided which one of the fight or flight responses were best, generally it was all over fairly quickly.



Mandy
Kendall

Once they had survived, the body's hormone responses would quickly go back to normal. However, these days, stressful situations tend to be much less life threatening, but often much longer in duration.

Unfortunately, our bodies have not evolved since those primal times and this often means our bodies are pretty much racing, like a car in a high gear, for much longer than they are designed to. If these stressful situations last over a prolonged period, this can do a lot of harm to our body's engine.

But what can we do about it? Can we limit how much stress we experience when so much of it seems totally out of our control?

Here are a few *Qwik-e* tips (quick and easy, because let's face it who has time for anything else!) to help ease up on our body's gas pedal a little.

Focus on what you can control – “Grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.” Try to take an objective look at the top five stressors in your life (there are likely to be more, but let's not overwhelm ourselves before we start). Typically the top stressors involve family, work and money. Try to look objectively at each stressor and ask yourself “is there anything I can do to change this?” If the answer is yes, then you have something to work on. If the answer is no, then try to see if you can look at/react to the situation differently. For example, you might hate your job, however the job is not likely to change but you can change how you view it. List all the things you do like about it; being paid, getting health insurance, the people you work with, or maybe how you help other people because of the

work you do. Sometimes a change of attitude can put a helpful new perspective on a situation.

Calm things down – What ever works for you; exercise, talking with a loved one, playing with your kids or your pets, yoga, meditation. There will be something that is the best way, for you, to unwind the day. Try to avoid using substances (alcohol, etc.) to relax, as these just tend to become replacement stressors on the body.

Just breathe – Oxygen is nature's great relaxing agent. A few deep breathes help to flush out the stress hormones from the body and help our systems return to normal. Breathing deeply can also give us that "count to 10" type space to help us not make that heat of the moment snap decision that is often fueled by the physical effects of those over active stress hormones. A wonderful meditation teacher once told me that the simplest meditations were often the best. He recommended purely thinking the word "accepting" as you breathed in and "releasing: as you breathed out. He insisted you needn't worry about what exactly you were accepting and releasing, if it weren't obvious, as your subconscious would do that for you. So maybe just try it and see what happens.

A problem shared is a problem halved – Maybe we think we are the only ones that can deal with the stresses in our lives? Maybe our family and friends would love an opportunity to help us, if only we would share with them what is going on. Quite often sharing problems can bring up solutions, clear up misunderstandings, or just plain share a heavy burden that might become easier to bear.

Until next time.

Mandy Kendall operates Health Connective in South Lake Tahoe. If you have any questions, feel free to drop me an email at healthconnective@gmail.com, visit us on Facebook, or keep an eye out on Lake Tahoe News for regular Qwik-e tips on how to

make healthy changes one Quick and Easy step at a time.

Learn to meditate for free

Forgotten how to take a deep breath? Need a little down time?

Rosemary Manning is teaching a beginning meditation class Feb. 27 from 6-7pm.

The free class is at Tahoe Wellness Cooperative (in the Bijou Center, next to Hot Gossip) in South Lake Tahoe.

Bring a pillow to sit on.

For more information, email tahoehealthtouch@gmail.com.