Workshop focuses on natives plants, seeds

Western Nevada College Specialty Crop Institute offers a Native Plant and Seed Production workshop May 17 from 9am-3pm at the Carson campus, 2201 W. College Parkway. The workshop includes a tour of Comstock Seed farm and seed cleaning operation in Gardnerville.

The introductory workshop provides an overview of the native plant and seed industry for producers interested in farm diversification. Topics include an overview of the market; challenges of native seed propagation; seeding techniques including transplanting, collection, cleaning and testing; state and federal seed laws, and more.

Cost is $35 afterward. Lunch is included. Register online.

For more info, contact Ann Louhela at 775.423.7565, ext. 2260 or ann.louhela@wnc.edu.

Mental, physical toll of bullying persists for decades

By Linda Poon, NPR

What doesn’t kill us only makes us stronger, right? Well, not when it comes to bullying.

Some may still consider bullying a harmless part of growing up, but mounting evidence suggests that the adverse effects of being bullied aren’t something kids can just shake off. The

psychological and physical tolls, like anxiety and depression, can follow a person into early adulthood.

In fact, the damage doesn't stop there, a British study published this week in the American Journal of Psychiatry suggests. It actually lasts well into the adults' 40s and 50s.

"Midlife … is an important stage in life because that sets in place the process of aging," says Louise Arseneault, a developmental psychologist at King's College London and the study's senior author. "At age 50, if you have physical [and] mental health problems, it could be downhill from here."

And health isn't the only thing to worry about. Chronic bullying's effect on a person's socioeconomic status, social life and even cognitive function can persist decades later, too, Arseneault's research suggests.

Read the whole story

FBI: Fugitive could be in greater Sierra Nevada

By Rick Montanez, KFSN-TV

The FBI is on a manhunt for a suspected killer who could be hiding in the Sierra Nevada or the Central Valley's backyard.

A $100,000 reward is out for a man the FBI says bludgeoned his entire family – then burned their bodies 38 years ago.

The FBI released a bust, on what William Bradford Bishop Junior may look like today. The bust, molded by a world renowned artist, is an age progression based on an image of

Bishop taken in the 1970's.

Agents say in 1976, Bishop used a sledgehammer to kill his mother, wife and their three young sons. The killings happened in Bethesda, Maryland. Agents say the family murders rocked the community – and still haunt the agents on the case today.

Agents say he has family in California and a huge affinity for the Sierra Nevada.

Read the whole story

Picky eaters overhauling restaurant industry

By Jillian Berman, Huffington Post

In Panera Bread CEO Ron Shaich's vision of the future, every restaurant could have "a different menu for every person."

Shaich's chain and others are bringing his vision closer to reality, making it easier for diners to order exactly to their preferences instead of picking from a rigid set of menu items like they did in the Dark Ages. That could either be a food utopia or a diner's nightmare. It just all depends on what kind of eater you are.

A growing number of diners are walking into restaurants knowing exactly what they want, thanks to an "explosion" of specific diets like vegan and gluten-free, according to David Just, a Cornell University behavioral economist who focuses on food. And for those consumers, many of whom are already flocking to build-a-meal chains like Chipotle, Panera's foray into customization could take some of the stress out of

ordering a salad-dressing-on-the-side-no croutons.

Read the whole story

Snippets about Lake Tahoe

• Food, adult and children’s clothing, toys, household items, and miscellaneous items can now be dropped off and taken on Thursdays from 9am-noon at the American Legion, 2748 Lake Tahoe Blvd., South Lake Tahoe. Take what you need and donate anything you can. Call Live Violence Free with any questions – 530.544.2118.

• Sonora Pass is open. No date is set yet for Tioga Pass opening.

• TAMBA is having a party April 23 from 6-9pm at the American Legion, 2478 Lake Tahoe Blvd., South Lake Tahoe.

• Here are the El Dorado-Tahoe and Sierra roadwork schedule from Caltrans for this week.

• Former Truckee Mayor Ron Florian died April 13 at his home in Boise, Idaho. A memorial is planned for late June in Truckee. Condolences may be sent to Patti Florian at pj8246@hotmail.com or 6216 N. Park Meadow Way, No. 210, Boise, ID 83713.

William Kent Campground off-limits this summer

William Kent Campground on the West Shore will be closed for construction this summer.

The William Kent beach/day use site will be closed for portions of the season.

Work in the campground includes the installation of erosion control measures to reduce stormwater runoff, reduce peak flow levels, and reduce the amount of sediment reaching Lake Tahoe. Upgrades to the campground include reconfiguring the campground entrance road, relocation of the check-in kiosk, and moving camp spurs away from the stream environment zone.

All relocated campsites will meet universal accessibility standards. The SEZ will be restored and upgrades provided to some utilities within the campground.

At the beach/day use area, the stormwater drain will be redesigned to reduce the volume and rate of stormwater flowing into Lake Tahoe. The existing storm water drain pipe will be cut and a new stream channel constructed in its place.

Work on the campground is expected to be finished in 2014 and work on the beach/day use area may extend into 2015, depending on weather and water levels. Work in either location generally will not occur on weekends.

For more info, call Katie Kuchenbecker at 530.543.2620.

Gas prices on the upswing

By Shan Li, Los Angeles Times

Problems at some of the state's fuel refineries have sent gasoline prices soaring in California just in time for the kickoff of the busy driving season.

A gallon of regular gasoline hit a statewide average of $4.196 on Thursday, up about 13 cents in a week, according to AAA. That's the highest price since March 2013.

The U.S. average of $3.657 is up less than a nickel from the previous Thursday.

Read the whole story

S. Tahoe motorcyclist seriously injured

By KTVN-TV

California Highway Patrol says a motorcyclist suffered major injuries after hitting a truck on Highway 182 near Bridgeport Friday afternoon.

Troopers say the 61-year-old South Lake Tahoe man was riding a 2002 Harley-Davidson south when he let his bike cross the double-yellow line hitting the left rear of a 2000 Ford F250 pickup, about eight miles north of Bridgeport.

Read the whole story

S. Tahoe driver involved in fatal accident

By Stockton Record

A 3-year-old girl was killed after being ejected from a car during a crash on northbound Highway 99 near Hammer Lane in Stockton on Friday, the California Highway Patrol said.

The child's mother, Maria Romero, 32, of Atwater, was driving a 2000 Isuzu sport utility vehicle north on Highway 99 at 12:45pm when it crashed for unknown reasons with a 2012 Toyota two-door vehicle. The vehicles veered onto the northwest shoulder of the road, where the Isuzu rolled over. The 3-year-old girl, who was not restrained properly, was ejected, CHP Officer James Smith said.

The Toyota was driven by Andre Peterson, 48, of South Lake Tahoe. He and passenger Linda Fischer, 52, were uninjured, Smith said.

Read the whole story

KGID gearing up to put in pipes, repave

Kingsbury General Improvement District is planning to put in 2,600 lineal feet of PVC pipe, service lines, air release valves and fire hydrants this summer.

The project will also include 68,100 feet of pavement on Beverly Road and Virginia Drive.

The Stateline project is expected to cost $665,000.

Bids are being taken until May 8. Awarding of the contract is expected a week later. Construction could begin June 2.

– Lake Tahoe News staff report