

Are you using sunscreen correctly?

By Daniel Victor, New York Times

Look, we're not here to nag. We all know we're supposed to use sunscreen more reliably than we probably do.

Instead of hounding you again, we asked experts for tips on skin cancer prevention and using sunscreen that you're less likely to have heard: the counterintuitive, the new or the little-known.

Depending on your body size, experts recommend using enough lotion to fill a shot glass, or an ounce, when you're at the beach. Even if people are smart enough to apply sunscreen, they may not use enough, said Jerry Brewer, a dermatologic surgeon at the Mayo Clinic in Minnesota.

Even if the bottle says the lotion is waterproof, beachgoers should reapply after swimming.

If you're not swimming, you should reapply every two hours, regardless of the SPF count.

Read the whole story

Book review: Not for the

faint of heart

By Kim Wyatt



"The Vegetarian"

By Han Kang

Hogarth, 192 pages, \$21

One-line Review: "The Vegetarian" is a dark and wild ride, and the best book I've read this year.

Yeong-hye is a "completely ordinary wife" who in becoming a vegetarian upends her family and dismantles their lives. Yet "The Vegetarian," a novel by South Korean writer Han Kang, is no simple morality play: Yeong-hye is the ultimate culture jammer, indicting a violent, repressed society on her journey to become a plant.

"The Vegetarian," winner of this year's Man Booker Prize, is a story in three acts. Told from the point of view of Yeong-hye's crummy husband, obsessive brother-in-law and dutiful sister, we see how her decision upsets them. She only exists as a vessel for their desires, projections, frustrations and

failures, which are now played out on her body. Nature, sex and art are vehicles for breakthrough, but not in the way the characters intend. Ultimately, it's not Yeong-Hye's vegetarianism that fractures her family; rather, it's her assertion to do as she pleases.

Upon learning of her plant-based diet, her father tries to shove sweet and sour pork into his daughter's mouth. As she identifies more and more with plants, the violence against her body escalates. Yeong-hye's body is her only weapon in conformist South Korea—paradoxically, this could apply to any culture in which we mutilate and silence ourselves to belong.

The matter-of-fact language in this beautifully translated book heightens the characters disconnect until the elegiac third act when Yeong-hye determines to become an ecstatic tree, subsisting only on water and light, which begs the question: Is mental illness an appropriate response to a sick society?

The spare language and wild imagery echo Haruki Murakami; at other times, it's Kafkaesque. There was a dream. Some confusing things happened. There was blood, meat, an open refrigerator. A woman turns into a plant. Down the rabbit hole I went, where I finished the book in one sitting. For days, I couldn't stop thinking about it.

"The Vegetarian" is slim, subversive volume, a sly little bomb that explodes in your brain. No one is safe from the implications in this elegant, disturbing slip of a book. It's the "The Yellow Wallpaper" for a new generation trying to break free from the prison of roles and expectations.

Originally released as linked novellas in South Korea in 2007 and translated to English by Deborah Smith, "The Vegetarian" is a reminder that I need to read more widely. And I can't wait to read it again.

Kim Wyatt is the owner of Bona Fide Books.

Family: UNR football player died a hero

By Associated Press

The parents of a UNR football player from Honolulu who is presumed to have drowned in Lake Tahoe say their son died trying to save others.

Rescue crews called off their search for Marc Ma on Monday, but officials say efforts to recover his body will continue.

Ma, 20, had been on a paddleboard trip with several football players on Friday when the group encountered strong winds on the West Shore. Ma's board was found adrift.

"The kids got into trouble," Ma's father, Michael, told the *Honolulu Star-Advertiser*. "They were kind of far out. That's what we're getting from the kids and the people on shore."

Michael Ma said his son had been worried about the safety of his fellow teammates and had gone in the water in search of them. He suspects hypothermia was a factor in his death.

"Marc was the closest to shore and decided to go and find somebody to help," he said. "He ended up trying to swim in to get help. I don't think he realized how cold the water was."

Marc Ma had attended Iolani School before heading to Nevada to play as a defensive end for UNR's football team.

"Our entire Iolani community is deeply heartbroken and saddened over the news of Marc's accident," the Honolulu school said in a statement. "He was a tremendously talented student athlete who inspired his classmates, teachers, and

coaches. He never stopped chasing his dream of playing Division I football.”

Marc Ma’s brother, Matthew, who is a golfer, said he was inspired to play in the 108th Manoa Cup on Monday by learning just how much his young brother was loved and appreciated. He initially withdrew from the event after Marc went missing.

“I’ve gotten calls and texts and messages from kids who are still playing high school football at Iolani. I don’t know who these kids are, but they’re all reaching out and I didn’t realize that his reach was so far and so broad. Actually, I’m not surprised,” Matthew Ma told Honolulu TV station KHON.

Michael Ma said he and his wife, Michele, plan to stay at Lake Tahoe until their son’s body is found.

“Since we’ve gotten here, we didn’t realize how close to God he got, how many lives he’s touched,” Michael Ma said.

Study: U.S. obesity rates keep growing

By Karen Kaplan, Los Angeles Times

How do government agencies, private foundations, industry groups and professional societies squander hundreds of millions of dollars? By trying to fight America’s obesity epidemic.

Two new studies show that the best efforts of all these players – as well as schools, churches and individual healthcare providers – have largely failed to keep most Americans from getting fatter.

One report finds that 35 percent of men and 40 percent of women were obese as of 2014, the most recent year for which data were available. The other says that 17 percent of children and teens were obese as well, including nearly 6 percent who were morbidly obese.

Read the whole story

Tahoe Donner hosting 2 days of tribute bands

Tahoe Donner's annual Summer Concert on the Green returns July 2-3 featuring a selection of 1970s tribute bands.

Four all-star tribute bands will take the stage and transport guests back in time. On July 2, concert-goers will experience The Eagles tribute band, Desperado, and an Elton John tribute band, Kenny Metcalf as Elton & The Early Years Band. On July 3, attendees will experience the Journey tribute band, Evolution, and the U2 tribute band, Hollywood U2.

Summer Concert on the Green is an all-ages event and will take place under the stars at the Tahoe Donner Driving Range, located adjacent to Trout Creek Recreation Center at 12790 Northwoods Blvd. in Truckee. It is a tree-lined driving range with a gentle slope, surrounded by forest and greenery. Food and beverages will be available for purchase on site, but attendees may also bring picnics, including low back chairs.

Doors open at 5pm each day.

Tickets are on sale. If the event does not sell out, tickets will be available on the same day as the concert for \$5 more per person. Guests may purchase a single-day ticket or both days by calling 530.587.9400, ext. 0. Adult tickets are \$35; children ages 7-12 are \$15; and children 6 and under are free.

Traffic-weary homeowners and Waze at war

By Steve Hendrix, Washington Post

When the traffic on Timothy Connor's quiet Maryland street suddenly jumped by several hundred cars an hour, he knew who was partly to blame: the disembodied female voice he could hear through the occasional open window saying, "Continue on Elm Avenue"

The marked detour around a months-long road repair was several blocks away. But plenty of drivers were finding a shortcut past Connor's Takoma Park house, slaloming around dog walkers and curbside basketball hoops, thanks to Waze and other navigation apps.

Connor borrowed a tactic he read about from the car wars of Southern California and other traffic-weary regions: He became a Waze impostor. Every rush hour, he went on the Google-owned social-media app and posted false reports of a wreck, speed trap or other blockage on his street, hoping to deflect some of the flow.

He continued his guerrilla counterattack for two weeks before

the app booted him off, apparently detecting a saboteur in its ranks. That made Connor a casualty in the social-media skirmishes erupting across the country as neighborhoods try to contend with suddenly savvy drivers finding their way on routes that were once all but secret.

Read the whole story

Tahoe Tails – Adoptable Pets in South Lake Tahoe



Cookie Dough

Cookie Dough is one of two male rabbits who are looking for new homes. They both are friendly, are 3 years old, and each comes with its own cage.

Would a rabbit be a good pet for you? If you are equally happy observing your pet as handling them, have time to spend with them, and understand that a rabbit's natural tendencies include chewing and digging, then maybe a rabbit is for you. Rabbits can learn to respond to their names and use a litter box, and live from 7 to 10 years or longer. The adoption fee is \$15.

Cookie Dough is neutered. He is at the El Dorado County Animal Services shelter in Meyers, along with many dogs and cats who are waiting for their new homes. Go to the Tahoe animal shelter's Facebook page to see photos and descriptions of all pets at the shelter.

Call 530.573.7925 for directions, hours, and other information on adopting a pet.

For spay-neuter assistance for South Tahoe residents, go **online**.

Old Long Skiis – ‘He touched so many lives’

By Kathryn Reed

If life is about creating cherished memories, then **Bob Rockwell** had a full life – even though many would say 61 is way too young to die.

He was a character. His friends proved that on Saturday with their stories about this longtime South Lake Tahoe resident who died in November.

As a lover of history, the afternoon doubled as a fundraiser for the Osgood Toll House, which is believed to be the oldest building in the Tahoe basin. It was appropriate that the nearly 70 people in attendance faced that old building as others talked about the man they called friend.



Bob Rockwell

Rockwell in the last few years became involved with the Lake Tahoe Historical Society, even speaking at events. The nonprofit is trying to raise \$30,000 to restore the toll house; which people were asked to donate to in Rockwell's name.

For those who didn't know Rockwell growing up or working with him at South Tahoe Refuse, they were introduced to him as Old Long Skiis (his spelling) as a regular commenter on *Lake Tahoe News*.

"One thing that amazed me after he passed is how many people only knew him as Old Long Skiis. They had never met him," Jeff Tillman said. "We'll miss Old Long Skiis because he set us straight, told the truth and kept us in line."

Tillman was not only Rockwell's boss at the garbage company, but his friend. A token of honor was Tillman wearing a T-shirt from one of the many car races they went to.

Rockwell's genuine good nature, storytelling and love of music were constant themes during his memorial June 11.

It was a different world when he grew up here. Mike Silvera recalled when they were 11 they wanted to ride around the lake with a couple other friends. Their parents said fine. They spent the night on the North Shore camping and then came home the next day.

John Allasia recalled the five-day canoe trip around the lake. No life jackets. The canoe was so loaded down that the water,

especially as the waves got stronger, nearly came in.

The sentiment was Rockwell was always up for an adventure even it wasn't well thought out.

"We went to the same church – the great outdoors," Kevin Cruess said. He talked about how Rockwell liked to backcountry ski in an area just north of the Carson Pass. It had been years since either had been there. Cruess took his old skinny skis back there last December to scatter some of his buddy's ashes.

Christy Prouty recalled being set up on a blind date. She was told this guy was cute and funny. She said that was true, and spent the next 25 years with Rockwell.

"He touched so many lives and always in a positive way," she said.

Rockwell was also an avid gardener. It was appropriate that wildflower seeds were handed out Saturday – symbolizing the circle of life.

Renowned Nev. epidemiologist talks diseases

By Susan Wood

RENO – And the doctor worked on.

Questioning whether Mary Guinan has fulfilled a storied career in medicine is like asking Nevadans if they want clean air and Americans if they want to be disease free.

A notable epidemiologist, the 76-year-old distinguished physician not only served as the Silver State's chief health officer from 1998 to 2002 and 2005-06, she was on the front lines of the first AIDS cases while working for the Centers for Disease Control for 20 years.

And now, an East Shore resident, she has written a book – “Adventures of a Female Medical Detective.”

She read excerpts and signed copies this week at Sundance Books in Reno.



Mary Guinan, left, talks with people after the June 7 reading at Sundance Books in Reno. Photos/Susan Wood

Much of the book chronicles those critical, painful years of treating the AIDS epidemic, with all its stigmas and challenges. It was a shameful, fear-based era in American health. AIDS represented a death sentence to mostly gay men, who were disowned and disenfranchised from society.

The disease, which burst on the scene in mainly metropolitan areas in the early 1980s, has claimed 36 million. Still today

50,000 cases are reported each year. In the early years, the team with Guinan at the CDC launched an undaunted fight to understand AIDS, which has no cure or vaccine – just treatment for the HIV immune system deficiency symptoms. These medical soldiers' work was documented in Randy Shilts' book "And the Band Played On." There's a scene in the story in which Guinan and her colleague realize they both connected with Patient 0, the first to be chronicled. Their "aha" looks told the story of the monumental task ahead of them as they tried feverishly to understand and isolate the disease.

But it was the reaction of society to those infected that left Guinan with the sinking feeling that discrimination was alive and well in the United States.

"The fear was overwhelming. People were thrown out of their apartments, lost their jobs," she told the group. She told *Lake Tahoe News* earlier that some mothers approach her after her talks declaring they disowned their gay sons with AIDS, "a decision they've regretted the rest of their lives."

Any regrets from the front line of the AIDS fight?

"I wished we could have eliminated the hatred," Guinan said in the *LTN* interview, while adding: "My son (at 30) didn't know much about the time. He read the book and couldn't believe what life was like. People of his generation couldn't care less who's gay."

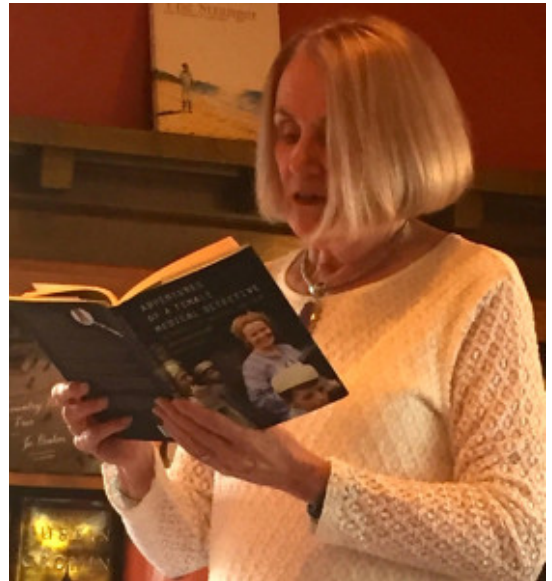
She even conducted a talk in Ireland and thanked the citizens for passing an initiative to legalize same-sex marriage.

"I told them they shamed New York City," Guinan said.

The chapter of her book dictating how homophobia gripped the nation in the 1980s and '90s was difficult to write, she told the group.

"It took me a long time to write it because it was so sad,"

she said, while a hush came over the room. “Still people don’t want to be tested because they don’t want to be identified.”



Mary Guinan

She read a passage about the story of a woman shamed by her husband, a preacher, who gave her AIDS.

Guinan also talked about working as the top medical officer for Nevada at a time when Fallon harbored the largest cluster of leukemia ever recorded. Normal for the health department is one case every five years.

“We had 15 cases in a 2½-year period there,” she said. The audience gasped.

She had indicated to *LTN* one of her most crowning achievements for Nevada centered on the Clean Indoor Air Act of 2005. The tobacco and casino industries fought hard against it, spending millions of dollars on a campaign against it.

“Nevada has the highest rate of childhood asthma,” she said.

After the reading on June 7, those who came out assessed the event as a success. It hit more close to home for some than others.

"She's a fascinating woman with a fascinating life. What she said about how no one knows public health is so true," Pam Young said after the talk. Young, who retired from the Washoe County Public Health Department, came out in support of Guinan's work with colleague Ellen Marston.

"Her career is amazing," one woman whispered after Guinan wrapped up her talk at Sundance books.

Glass ceiling?

Guinan's journey to public health was varied and unscripted. She shared with the audience stories of how she tried to break down gender barriers by opting for professions not commonly held by women.

First, it was President John F. Kennedy's insistence on reaching the moon that made her dream of being an astronaut some day.

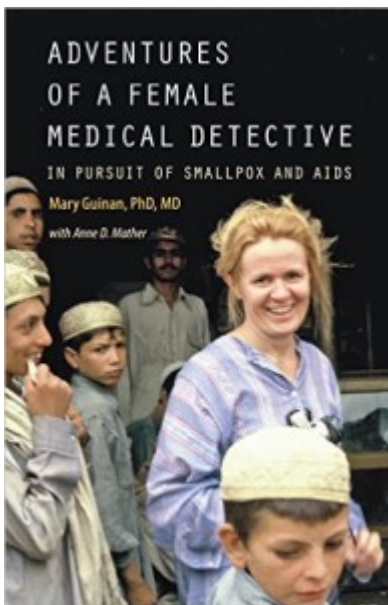
She graduated from college a chemistry major, but few jobs were open to women. "Help wanted" ads back then were divided by men and women. For her college background, she landed in Queens in a gum factory. She was asked to develop a "kissing gum," so her bright idea was to dye the surface sugar pink. The creation turned into a debacle as an explosion of pink sprayed so hard, it turned one of her male colleague's underwear pink.

When JFK was killed, she pondered his famous speech: "Ask not what your country can do for you; ask what can I do for my country." With that, she got a job in the medical branch of the University of Texas in Galveston, where astronauts gathered often and talked about their exotic experiences in space. The fire was lit. She took an aviation course, but ultimately the quest didn't work out. She instead enrolled in a post-doctoral fellowship, consequently attended medical school, and the rest is history.

Of Irish descent, she always remembers her parents dictating that “you could do whatever you want to do” in America.

Still marveling this day at 165 countries in the world fighting to eliminate small pox, the ambitious New Yorker looked broader than the U.S. for her next quest.

So when the World Health Organization’s infectious disease division provided an assignment to eradicate the dreaded disease, she jumped all over the job and onto a plane to India. The assignment that called for quarantining the infected while getting supplies over swollen rivers turned out to be challenging until one day, a man in a big black car said he wanted to help by giving her an elephant to ride over the rivers.



“I wasn’t sure what to say,” Guinan told the bookstore attendees, who were snickering at the notion.

It worked out, and she kept the elephant for three weeks. Needless to say, her expense reports got a second look when she claimed an elephant driver.

She left India in 1975, and within a year, small pox was no longer a threat.

“It was intoxicating for me to be a part of such as program,” she said.

From that point forward, she was hooked on fighting infectious diseases.

She even became known as “Dr. Herpes” when the syndrome was hitting all the news cycles. She served on a panel discussion in Utah on cold sores, and Dan Rather came on the *CBS News* and gave her the label.

The transition to AIDS was almost seamless. Her detective work was put to the test.

Three years before she left the CDC in 1998, a cocktail of drugs was developed to treat the symptoms.

“It was like a miracle happened,” Guinan told the group.

But the fight over diseases never ends.

The founding dean of UNLV’s school of Community Health Sciences, her most recent concerns go far beyond small towns and the state – and even her country.

“People need to be reminded of how bad it was during the AIDS epidemic and make that association with the Zika virus,” she told *Lake Tahoe News*.

And at her book reading, a few people asked her about the latest disease caused by mosquito bites. Her main concern lies with it being transmitted sexually. Therein lies a perfect storm of events – the virus is rampaging in countries with mass populations and few options of birth control.

The Summer Olympic Games’ host city Rio de Janeiro is in one of the countries.

“It’s a big problem,” Guinan answered one inquiry from the book reading. “(Olympic officials are) telling people to wear long sleeves and wear bug repellent. How effective that’s going to be remains to be seen.

“We have to do our jobs to try to find out people who have visited (these countries) and so they can be tested,” she said. The Zika virus, which is especially potent at causing birth defects, can be harbored for a decade in a carrier.

“It reminds of the AIDS virus,” Guinan said of that parallel.

The epidemiologist also fielded a question about the highly controversial issue of some parents refusing to vaccinate their children. Her response to the article in a medical science journal supporting that stance: “The damage is done.”

Money matters: Personal, financial change are always difficult

By Nic Abelow

Start today with purpose. Where do you want to be? What does the path look like that gets you there? If this is a new path make sure you know where you will be starting from. Are you prepared for the journey? What are your potential challenges? Did you bring your warm layer?

Our goals often have a financial and emotional component. Those can be seen or remain unseen, we can be overcome with emotion immediately and other times it is delayed. Opportunity cost is our inability to be more than one place at a time and that can have a profound effect on our decision-making process.



Nic Abelow

The best place to start depends on where you are coming from and understanding your personal strengths and weaknesses. “Work up to something”, “baby steps”, “gain confidence” these phrases ring true because they are. Our highest peaks locally can teach us valuable lessons in savings. If you have ever climbed Freel Peak from the Horse Meadow trailhead, then you know what it takes to reach the top. The top is deep sand that can feel like life sometimes, two steps up and one back. Perseverance is required to get to the top.

The struggle for most is real and working through life’s web of ongoing choices is what gives life its color. It is important to consider the big picture and build habits that help you make better financial choices, leading to better financial health. Change your path if you feel held back from your previous reliance on borrowing. This does not mean you need to stop enjoying your life. It is a reminder to live within your means and be diligent about adjusting any spending habits that have contributed to the situation you are in today. Borrowing takes from the future, the price will not only be paid today but also tomorrow.

Being mindful along the way you will notice your goals backed with action have the power to reinforce powerful thought. What used to seem like a wall of resistance becomes one that holds you up. You know where you have come from. You know how hard it is to see the other side. By remaining focused on your target you have a much cleaner picture of the road ahead.

Even when you are on the path forward, the sense of

achievement may be delayed. You feel the impact of forgoing income today for a dream of a vacation, mountain bike, car or home purchase, and retirement is really similar feeling as not having a cushion. You can see you have the savings. However, it is already spoken for similarly to a liability, although this is an obligation to yourself. Personal accountability is rewarded by your sense of achievement and positive growth

Planning for the unexpected should be expected. It is not enough to just be saving for your goals. It can be very difficult to know what to plan for specifically, life happens quickly, (that's why we all have sweat shirts in our cars). Only by being honest with yourself and remaining disciplined by having true short-term reserves can you protect your dreams and climb those mountains.

Robustness is your ability to keep at it, to fight, to get to the top.

Nic Abelow is a LPL financial advisor with Abelow, Pratt & Associates Financial Advisors and Wealth Management in Lake Tahoe.