

Author to read from new book about Snowshoe Thompson

Author and local historian Frank Tortorich will share his newest book, "John A. 'Snowshoe' Thompson Pioneer Mail Carrier of the Sierra" on June 15 at the South Lake Tahoe Library.

It is an account of the legendary life, legacy, and accomplishments of Snowshoe Thompson.

The author's knowledge and understanding of the Sierra emigration era serves as a background for what he has been able to express in this book.

The 6pm event is free. A book sale and signing will follow the talk. The library is on Rufus Allen Boulevard.

More young adults live with parents than partners

By Zara Kessler, Bloomberg

Those basement-dwelling millennials are at it again.

In 2014, Americans 18 to 34 years old were a little bit likelier to be living in their parents' home than with a spouse or partner in their own household, according to a Pew Research Center analysis of U.S. Census Bureau data, released this week. It's the first time that has happened in the modern era.

Young men have long been more likely than their female

counterparts to be roommates with mom and/or dad. The share of young men living in their parents' homes most recently surpassed the share living with partners in their own households in 2009, but as of 2014, the crossover still hadn't occurred for young women.

Read the whole story

LTCC actors putting on 'Cabaret'

The Broadway smash-hit "Cabaret" is coming to Lake Tahoe Community College June 10-19.

"Cabaret" takes place in 1930, with American writer Cliff Bradshaw arriving in Berlin to search for excitement and "something to write about." He visits the seedy Kit Kat Klub, where the enigmatic emcee, the enticing but self-absorbed singer Sally Bowles, and a raucous ensemble take the stage nightly to tantalize the crowd and encourage them to leave their troubles outside. A complicated romance develops between Cliff and Sally against the backdrop of the rise of the Nazi party. As the two pursue their pleasure, the world outside the Klub begins to splinter. Sally and Cliff are faced with a choice: abandon themselves to the pleasures promised by the cabaret, or open their eyes and face Germany's coming storm.

LTCC's version of "Cabaret" mirrors the ground-breaking 1998 revival on Broadway starring Alan Cummings and Natasha Richardson. That production closely follows the play, written by John Van Druten, which was based on original stories written by Christopher Isherwood.

Due to its adult content, this production is not recommended for children under the age of 18.

Performances of Cabaret are June 10 and 11 at 8pm, and June 16-18 at 8pm, and June 12 and 19 at 2pm.

Tickets are \$15 general admission, \$12 for seniors, groups of eight or more, students with a valid student ID, and children under 13. Tickets may be purchased in advance at LTCC's bookstore Monday through Thursday. The box office will be open for ticket sales one hour prior to all performances.

Road beat: Lexus RX 350 keeps delivering



Lexus RX 350 continues to be a standout with each new

model. Photos/Larry Weitzman

By Larry Weitzman

2016 marks the new Lexus RX 350. And it is almost all new, as about the only carryover is the 3.5L V-6 and even that has changed with more horsepower. Styling has improved in an evolutionary manner. If it looks sleeker, it is as it is 5 inches longer (192.5) and rides on a 2-inch longer wheelbase (110 inches).

But what makes the RX is the extended window line carrying it to the nicely shaped rear window and hatch. It's a great look; the best yet for the RX, as the stance is a bit wider by half an inch as well. About my only dislike is the L'finesse grille. It doesn't work for me. Its best face is a rear quartering view. Then again, what do I know?

While the 3.5L V-6 carry's over, the ubiquitous 2GR-FKS, Lexus engineers have found another 25 hp and about 20 more pounds of twist with a new rating of 295 hp at 6,300 rpm and 267 pounds of twist at 4,700. But it is now connected to an eight-speed automatic tranny instead of a six-speeder. But with eight gears it seems to be sometimes hunting for gears, especially on a road trip going up Highway 50 to South Lake Tahoe.



Specifications

Price \$41,880 to about \$55,000

Engine-conventional

3.5L DOHC 24 valve V-6 270
hp @ 6,200 rpm
248 ft.-lb. of torque @
4,700 rpm

Transmission

Conventional six speed
automatic

Configuration

Transverse mounted front
engine/front wheel drive/
all-wheel drive

Dimensions

Wheelbase 109.8 inches

Length 192.5 inches

Height 67.7 inches

Width 74.6 inches

Weight (FWD) 4,222

Track (f/r) 64.4/64.0 inches

Ground clearance 7.3 inches

GVWR 5,666 pounds

Tow capacity 3,500 pounds

Weight distribution (f/r)

58.6/41.4 percent

Fuel capacity 19.2 gallons

Cargo volume (second row
up/second row folded) 80
cubic feet (est.)

Seat belts (passenger
capacity) 5

Wheels (std/opt)

18X8.0/20X8.0 inch alloys

Tires (std/opt)

235/65X18/235/55X20

Turning circle 40.0 feet

Steering lock to lock 2.70
turns

Coefficient of drag 0.34

Performance RX350 FWD

0-60 mph 6.74 seconds

50-70 mph 3.49 seconds

50-70 mph uphill 4.78 seconds

Top Speed Electronically limited to 112 mph

Fuel economy EPA rated at 20/28/23

city/highway/combined mpg (FWD). Expect 22 mpg in rural country driving with some stop and go and 32-33 mpg on the highway at legal speeds.

Performance hasn't materially changed from my last two RX Road Beats, albeit the previous generation. Zero-60 mph averaged 6.74 seconds, which is four-tenths slower than my record setting last RX test from a year ago. The difference may have been its AWD system and better traction off the line and perhaps small changes in gearing. However, in passing runs from 50-70 mph, the new RX was a tenth of second quicker at 3.49 seconds. The same run up a 6 percent grade 50-70 mph required 4.78 seconds. Those are virtually the same from prior tests, the level pass is probably helped by the new tranny. Bottom line is that it is very responsive with plenty of get up and go.

However, the new eight-speeder really shows off in improved fuel economy. My last test of an AWD RX had EPA numbers of 18/24/20 mpg city/highway/combined, this new FWD returns 20/28/23 mpg and with AWD the number improves over my last AWD tester to 19/26/22 mpg. But in real life it is even better, mostly due to the new tranny. My 2015 tester spun at 2,200 rpm at 70 mph, now the number is only 1,750 rpm and that makes a huge difference. My 2015 model on a two-way run averaged 25

mpg at 70 mph, this new 2016 model returned 32.8 mpg, a 7.8 mpg or a 31 percent improvement. Overall it improved to about 22-23 mpg in rural hilly driving. On a run from Placerville to South Lake Tahoe and back the RX returned 27.3 mpg, a 2 mpg improvement over my last test.

Fuel economy is up significantly with no loss in performance, but how does it change directions? Improved which means very good. While suspension remains state of the art MacPherson Struts up front and a double wishbone set up in the rear, the electronic power steering has been sharpened (now 2.70 turns lock to lock) and the tires and wheels have grown. RX alloys are now 20X8 inches and the rubber is 235/55X20. The result is even more cornering power and improved handling. The RX is remarkably good when the road bends. It will impress most drivers.

When it gets to ride quality, can you say Lexus? Yes, it is beyond smooth and quiet, it's a Lexus. Sharp bumps do not unsettle the passengers and the chassis and body are more like a bank vault. And that rpm at 70 mph is just 1,750, no extraneous noise from the tires, road and/or wind.

While the brakes are the same size 13-inch ventilated disc front and rear it stop from 40 mph was a foot shorter at an excellent 41 feet. It has an alphabet soup electronic interventions plus incredible good triple beam LED headlights (part of the Lexus Safety System, \$2,250). But standard lighting is also excellent.

Inside is semi-aniline leather done in a cream tan (Luxury package, \$4,610) otherwise you get NuLuxe interior in black or stratus gray. With heating, cooling and power every which way, to say they are comfortable is an understatement. Standard NuLuxe seating trim does a credible job of imitating leather but most buyers will prefer the leather.

Instrumentation includes a large tach and speedo separated by

an information center, but the center stack panel is topped by a free standing 12-inch screen that is only about 6-inches high so it doesn't block your forward view. But it can display a lot of information at one time including the Nav and radio info side by side. The entire vehicle is beautifully detailed, fit and finish is remarkable.

Rear 40/20/40 seating is huge and there is about 80 cubes with everything folded flat behind the front seat.

Pricing for this gorgeous Lexus RX350 FWD starts at \$41,900 plus \$940 for the train and truck from Cambridge, Ontario, Canada. The carpeted floor mats are standard. My tester three main packages, the aforementioned luxury Pack, the Lexus Safety System and a Nav system that lists for \$2,180. It had a few other options such as blind spot monitor (\$500), intuitive parking assist (\$500), Moonroof (\$1,100) and a couple of other items brings the total sticker to \$54,820. It's a fair amount of money, but it is such a beautiful ride that covers all the bases, a sporty drive with moxie, a luxury vehicle and a Home Depot special, RX continue to be the best selling Lexus.

Larry Weitzman has been into cars since he was 5 years old. At 8 he could recite from memory the hp of every car made in the U.S. He has put in thousands of laps on racetracks all over the Western United States.

Learn how to show and sell art

A panel of professionals on June 8 will talk about how to best show and sell art.

Panelists include: Dennis Doyle of Fallon, professional photographer; Judith Monroe of Sacramento, mixed media artist; Lee Pollock of South Lake Tahoe, bronze sculptor; Richard Bell Smith of Phoenix, bronze and copper sculptor' and Tahoe's Kelly Smith Cassidy, bronze sculptor.

First there will be a wine and cheese reception hosted by and at the Tahoe Art League (30162 Lake Tahoe Blvd., South Lake Tahoe) for Kelly Smith Cassidy from 4-6pm. The talk will start at 6pm at the senior center. Both are free.

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

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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Outdoor rooms don't have to be complicated



Creating an outdoor garden room can be accomplished with limited space and budget.

Photo/Gardener's Supply Company

By Melinda Myers

No matter your budget, space or gardening experience, you can design an outdoor entertainment area for you, your family and friends to enjoy.

Start by gathering ideas from magazines and the Internet for examples of outdoor garden spaces.

Next, select an area that is convenient and suitable for your outdoor entertaining. Define the space using outdoor rugs and furniture or tall planters (gardeners.com) to serve as the walls for your garden room. A bistro set and a couple of chairs makes for an intimate space on a balcony. Those with more room may want to include an outdoor wicker and teak dining set. Fill the planters with ornamental grasses, papyrus, cannas and other flowering plants to create a living

screen.

Add a splash of color and flavor to the space by growing herbs and vegetables combined with flowers in these and additional planters in your garden space. Include ingredients for your favorite drinks, appetizers and meals. Your guests will enjoy plucking a few mint leaves for their iced tea or mojito, harvesting fresh greens from a salad garden bar and dressing up the meal with a few pesticide-free edible flowers like nasturtiums, calendula and day lilies.

Busy gardeners and those that travel may want to try self-watering pots. These containers have built-in water reservoirs to provide a constant flow of water to the plants. This means you need to water less often, while still enjoying healthy and productive plants.

Add some height and focal points with topiaries. Purchase a sculpted evergreen or train vines up a twist topiary frame to create a bit of living art. And don't forget to add some garden art and statuary.

Extend your enjoyment with outdoor lighting. A few votive candles in old punch cups are perfect for intimate gatherings in small spaces. Add a bit more illumination with the help of solar illuminated planters, solar deck lights, post caps, and solar cubes and spheres. No buried electric lines or extension cords needed. Use these lights to lead you down the path to your garden space or brighten the space for an evening of fun.

So get busy creating the garden room of your dreams. Once you get started, you will be looking for more opportunities for that quiet getaway, outdoor kitchen and more ways to enjoy your garden.

Gardening expert, TV/radio host, author and columnist Melinda Myers has more than 30 years of horticulture experience and has written over 20 gardening books, including "Small Space Gardening and the Midwest Gardener's Handbook".

Basic tips for living in bear country

With bears being out in force now, proper food storage and trash disposal is important.

There are an estimated 10,000 to 15,000 American black bears living in the Sierra Nevada and sharing habitat with humans.

Spring is the time of year when bears emerge from their winter dens in search of food. Bears are attracted to anything edible or scented. Once they get access to human food and trash, bears lose their fear of humans and can cause property damage and threaten public safety. Residents and visitors can help keep bears wild and reduce potential conflicts between bears and humans by properly storing food and trash.

The following are tips for safe-guarding a dwelling:

- Purchase, store all trash in, and properly close bear-resistant garbage containers.
- Freeze strong smelling left overs, such as fish, until trash day to reduce the smell.
- Wait to put trash out until the morning of collection day.
- Keep garbage cans clean and deodorize them with bleach or ammonia.
- Don't leave trash, groceries, or animal feed in your car.
- Keep barbecue grills clean and stored in a garage or

shed when not in use.

- Refrain from putting out bird feeders from April through October.
- Don't leave any scented non-food products outside (or in your car), such as suntan lotion, lip balm, insect repellent, toothpaste, soap or candles.
- Keep doors and windows closed and locked when the home is unoccupied.
- Consider installing motion-activated outdoor lights, sprinklers and alarms, as well as electric fencing.
- Harvest fruit off trees as soon as it is ripe, and promptly collect all fruit that falls.
- Securely block access to potential hibernation sites, such as crawl spaces under decks and buildings.
- Vegetable gardens, compost piles, orchards and chickens may attract bears. Use electric fences to keep bears out.

Tips for safe-guarding a campsite against a bear encounter:

- Never feed wildlife.
- Always store food (including pet food), drinks, toiletries, coolers, cleaned grills, cleaned dishes, cleaning products, and all other scented items as soon as possible after use in the bear-resistant containers (storage lockers) provided at your campsite.
- Clean the barbecue grill after each use and store properly.
- Always place trash in bear-resistant dumpsters in campground or in bear-resistant containers at your campsite and close and lock after each use. Never leave trash at a

campsite.

- Never leave scented items unattended in your campsite, tent, or car.

SLT to have Memorial Day remembrance

The American Legion Post 795 of South Lake Tahoe is hosting a Memorial Day ceremony at 11am May 30 at the Happy Homestead Cemetery, 1261 Johnson Blvd, South Lake Tahoe.

After the ceremony, the public is invited to join Legion and Auxiliary members for refreshments at the American Legion Hall, 2748 Lake Tahoe Blvd.

Memorial Day honors men and women who died while serving in the U.S. military. Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971.

On Memorial Day weekend, members of the Auxiliary will be collecting donations for poppies, which have become a national symbol of Memorial Day. Poppy donation locations on May 27-28 include Raley's and Safeway.

Happy Homestead is the final resting place to more than 560 veterans. Volunteers are encouraged to help place American flags at their grave sites starting at 9am May 27.