

Mt. Tallac instructor honored for her work

Mount Tallac High School teacher Angela Cazares has been singled out by the El Dorado County Office of Education for her hard work that contributes to providing quality support and services to students, schools, families, and the community.

Cazares earned the excellence in education award for 16 years she has supported teen mothers at the South Lake Tahoe continuation high school.

The Child Development management team said it had a hard time choosing one of the many stories where Cazares has shined. The selected story highlighted her work with a 14-year-old mother who gave birth to a child with special needs. Within 48 hours of delivery, the child required transportation from South Lake Tahoe to UC Davis Medical Center in Sacramento. The mother was unable to secure transportation, and the Wrap Team reached out to Cazares for help. Despite inclement weather, Cazares drove the mother, father, and child to the hospital.

She coordinated consistent, reliable transportation to weekly medical visits in Sacramento from South Lake Tahoe.

As a former young parent herself, Cazares volunteers monthly to provide child development classes for inexperienced teen parents. As an Early Head Start home visitor, she also works with younger parents, including teenagers.

Do our genes ‘remember’ pain?

By Amy Ellis Nutt, Washington Post

You pulled a muscle in your back carrying groceries, took a shot to the shin in flag football or suffer from fibromyalgia. But it's months later, and the lower back still aches, the leg still throbs, the body remains tender to the slightest insult. Welcome to the club of chronic pain.

Scientists have long thought that an overly sensitive nervous system is the culprit behind chronic pain. But how and why does it stay so sensitive over time?

In a recent study published in Cell Reports, researchers at King's College London think they might have found an answer, or at least the beginning of one: Some of the long-term changes that occur with a painful insult appear to be recorded at the molecular level and preserved in some immune-cell genes.

Read the whole story

Chemical may be tool for depression therapy

A chemical discovered in a UC Davis lab may be a new, innovative tool to control depression. Studies involve an enzyme (soluble epoxide hydrolase or sEH) which is found in many species from bugs to humans.

Karen Wagner, a researcher in the UC Davis Department of Entomology and Nematology, will be talking June 30 at Sierra

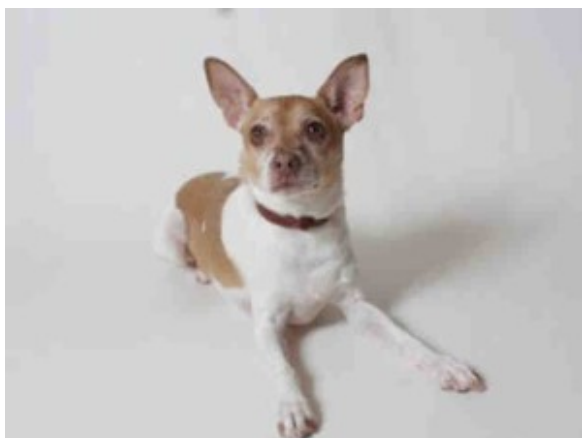
Nevada College about this enzyme and how it might be a tool for depression therapy.

Research in animal models of depression suggests that sEH plays a key role in modulating inflammation, which is involved in depression. Years of research and discovery around this enzyme led from investigating insect biology to translating the basic science into a potential therapy for man.

Registration for this event is required. The program will begin at 6pm, with refreshments and no-host bar from 5:30-6pm at 291 Country Club Drive in Incline Village.

Seating is open at 5:30pm to guests who have preregistered, open seating starts at 5:50pm. Cost is \$5.

Tahoe Tails – Adoptable Pets in South Lake Tahoe



Chico

Chico is an 8-year-old rat terrier who likes other dogs. He is friendly and active. For little dogs, 8 years old is not even middle age.

Rat terriers are great little dogs with lots of personality – they are smart and very trainable, and loyal to their families. They do best when they get lots of attention, as they thrive on contact with people. Chico is a nice little boy who was transferred from the Placerville shelter to find a new home in Tahoe.

Chico is neutered, microchipped, tested for heart worm, and vaccinated. He is at the El Dorado County Animal Services shelter in Meyers, along with many other 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**.

– Karen Kuentz

EDC working on medical marijuana policy

Throughout the summer the El Dorado County Medical Marijuana Advisory Committee will be meeting to discuss different topics regarding medical marijuana.

The following are the dates and topics of the meetings:

- June 20, 1-3pm – Cultivation (e.g. indoor, outdoor, and larger grows)
- June 27, 1-pm – Dispensaries, transportation and manufacturing

- Aug. 8, 1-3pm – Taxation
- Aug. 22, 1-3pm – Compliance (e.g. issues with administering possible policies)
- Aug. 29, 1-3 pm – Recreational use

Each meeting will take place in the El Dorado County Board of Supervisors meeting room at 330 Fair Lane, Building A, Placerville.

The committee is comprised of two members of the El Dorado County Board of Supervisors. The committee members will be collecting information at each of the meetings from different stakeholder groups, members of the public and county departments.

Members of stakeholder groups that would like to speak at one of the meetings are requested to email the county at medicalmarijuanacommittee@edcgov.us. There will also be time available at each meeting for public comment.

Therapy reading dogs to be at Douglas library

During the summer, a Reading Paws therapy dog will be available at the Douglas County Public Library every Thursday from June 2-Aug. 11 between 10:30am and noon. Reading with animals can help children feel calm, gain confidence, and become strong readers.

Children of all ages and reading levels are invited to read with a registered therapy dog and the dog's handler. Each child will spend 15 minutes with a dog.

Time slots are available on a first come, first serve basis.

Parental permission is required. Permission forms are available at the library. This program is offered in partnership with READING Paws, a local affiliate of Intermountain Therapy Animals.

The Douglas County Public Library is located at 1625 Library Lane in Minden. For more info, call 775.782.9841.

SLT native recognized for writing ability

South Lake Tahoe native Ryan Row was honored at the annual L. Ron Hubbard Achievement awards for his "The Broad Sky Was Mine, And the Road" in the writers of the future contest.

The Lake Tahoe Community College alumnus was one of 12 writers to have his story published in the bestselling science fiction anthology series "L. Ron Hubbard Presents Writers of the Future Volume 32".

Ryan began his literary career by attempting to publish stories under the pen name Alan Wor, but now writes under his own name. He is studying creative writing at San Francisco State University.

Free physicals for South

Shore athletes

South Shore student athletes are eligible for a free sports physical on May 25 at the South Tahoe High School Blue Gym.

The pre-participation physical includes vital signs, orthopedic evaluations, and medical screenings. Sports athletes from the Tahoe area can participate.

The sports physicals start at 5:30pm with the approximate schedule as follows:

- 5:30pm: South Tahoe high and middle school athletes
- 6pm: Pop Warner and Lake Tahoe Community College soccer athletes
- 6:30pm: Whittell High School athletes

All students should wear appropriate gym attire and bring their completed medical history forms. Forms may be picked up in each school's front office or through the student's Pop Warner football coach. All forms must be complete and signed by a parent or guardian.

This sports physical day is provided by physicians and medical staff from Barton Health and Barton's Tahoe Center for Orthopedics. No reservation is required. For more information, call 530.543.5615.

Facts about hepatitis lead to healthier life

By Erin Jones

May is Hepatitis Awareness Month. Do you know the facts about hepatitis and if you may have it?

Hepatitis is a viral infection of the liver. There are three major types: A, B and C. Vaccines are available to protect against Hepatitis A and B, but none are available for Hepatitis C.



Erin Jones

Hepatitis B and C can cause chronic infections that if left untreated can lead to liver damage, liver failure or even cancer. In fact, according to the Centers for Disease Control, Hepatitis C is the leading cause of liver transplants in this country.

There are 3.2 million people in the US with chronic Hepatitis C and the CDC estimates as many as 75 percent don't know they are infected. Three out of four people with Hepatitis C are baby boomers and the CDC recommends that everyone born between 1945 and 1965 get tested for Hepatitis C. A blood test is the only way to know if you have it.

People are also at higher risk of contracting Hepatitis C if they received a blood transfusion before 1992, shared needles (even once) and nasal instruments for drug use, had sex with an infected person, or have HIV.

Unvaccinated people are at a higher risk for Hepatitis, especially if they travelled outside the country. While there is no vaccine available to prevent Hepatitis C, Barton Health providers can diagnose Hepatitis C with a blood test and

treatment is available.

A new treatment can cure Hepatitis C in eight to twelve weeks. Previous treatments were not as effective and had many side effects, but the new treatment has few or no side effects. One clinical study highlighted in an FDA news release showed cure rates as high as 96 to 99 percent depending on the virus subtype and if previous treatment was given.

People can live with chronic Hepatitis for decades without feeling sick, but the toll on the body can be devastating. Taking medication early to treat chronic hepatitis can decrease the chances of liver damage and liver cancer.

Schedule an appointment with a primary care provider at Barton Community Health Center at 530.543.5623 or Barton Family Medicine at 530.543.5660 to get tested or talk about treatment if you have been diagnosed. You can also visit cdc.gov/knowmorehepatitis for more information.

Erin Jones was born and raised in South Lake Tahoe and is a family physician at Barton Family Medicine.

Road beat: Outlander a great example of high value



Mitsubisiy Outlander has nearly everything a driver would want. Photos/Larry Weitzman

By Larry Weitzman

As reported recently here, Mitsubishi is on a roll with a continuing sales growth exceeding 20 percent in 2015 and continuing into the first three months of 2016. Competition has made the automobile into the good car business. No one makes a bad car anymore. There are good cars and better cars, and the defining of better cars has also become more difficult. And they all are safe cars and as such “value” has become an important consideration. Customers also want attractive cars along with great interiors.

Mitsubishi highly refreshed new Outlander is a great example of high value. First are its looks. Its clean, simple shape has just enough detail and schmaltz to make it very pleasing to look at with a strong, well-done character line and superb window lines and shape done in perfect proportions with respect to the overall body. The front end is more detailed

while cohesive, making a smooth, rounded transition into the rest of the body. Anyone who doesn't like its appearance could be labeled a Mr. Magoo. But a real positive is that you don't have to be a Mr. Magoo to own one.

Outside dimensions put the Outlander into the category of a small-midsize crossover SUV with a length of just 185 inches or about 5 inches shorter than your average mid-size car. But at 71-inches wide and 66-inches tall, it is of average dimensions. Wheelbase is 105 inches, which is identical to the smaller Outlander Sport (172-inches long) and both share a front and rear track of 61 inches and identical widths meaning that both vehicles share the same basic chassis and running gear, except for the Outlander GT tested here which receives a 224 hp 3.0L V-6 instead a 166 hp 2.4L inline four shared by the other Outlander models and all Outlander Sport models. While the bodies are similar, the Outlander gets the better looks because of the stretch of 13 inches and third row seating for two.



Specifications

Price as tested \$35,195

Engine 3.0L SOHC, 24 valve
V-6 224 hp @ 6,250 rpm
215 lb.-ft. of torque @
3,750 rpm

Transmission

Six speed torque converter
automatic

Configuration

Transverse mounted front engine/FWD/AWD

Dimensions

Wheelbase 105.1 inches

Length 184.8 inches

Width 71.3 inches

Height 66.1 inches

Track (f/r) 60.6/60.6 inches

Ground clearance 8.5

Weight 3,593 pounds

Weight distribution (f/r)
57/43%

Fuel Capacity 15.8

Wheels 18X7 inch alloys

Tires 225/55X18 inch all season

Steering lock to lock 3.3 turns

Cargo capacity behind front row/second row/third row
63.3/34.2/10.3 cubic feet

Tow capacity 3,500 pounds

Performance

0-60 mph 7.37 seconds

50-70 mph 4.14 seconds

50-70 mph uphill 6.33 seconds

Top speedwell into triple digits

Fuel economy EPA rated
20/27/23 mpg
city/highway/combined.

Expect 23 overall in rural country driving 29-30 mpg on the highway at legal speeds.

Mitsubishi's 3.0L SOHC, 24 valve V-6 has been in their stable for some time now and is one of the smoothest V-6's in the business while creating a nice throaty sound. At full tilt boogie it will punch out 224 hp at 6,250 rpm with some serious mid-range torque which peaks at a low 3,750 rpm giving the throttle serious reflexes in normal driving. With a curb weight just shy of 3,600 pounds and a slick six speed torque converter, paddle shifting automatic it will scamper from 0-60 mph in a fairly quick 7.37 seconds. When I got my driver's license, there were only a handful of production cars in the world that could do that.

With AWD and the V-6 comes a towing capacity of 3,500 pounds which should be equal to a 20-foot V-8 powered bow rider.

Passing performance is right on target considering the 0-60 mph time with a level 50-70 mph simulated pass taking 4.14 seconds and the same pass up a steep grade only slowing that time to 6.33 seconds. Even in aggressive driving there is no "brown out" to be found here. The throttle is very responsive. If there is anything lacking, it is the fuel economy with EPA ratings of 20/27/23 mpg city/highway/combined. It proved to be about 10 percent better than that with the trick radar cruise control set at 70 mph as it showed an average of 29-30 mpg. Overall the Mitsu averaged about 23 mpg as the EPA number shows. Those numbers are about average for most V-6 competitors in its class. According to the EPA, the four cylinder should improve economy by 3-4 mpg and FWD should add another MPG.

Suspension is state of the art MacPherson struts up front and a multilink system bringing up the rear. Both ends receive stab bars. Steering is an electrically powered rack and pinion but it is a bit slow at 3.3 turns lock to lock. Mitsu spent some time increasing structural rigidity and it shows as handling is sporty, with accurate steering, body roll control, good feedback and plenty of grip. It will dance with the best of them when darting through the twisties. Turning circle is a

tight 35 feet. Great looking 18X7 inch alloys shod with 225/55 series rubber also increase driver confidence.

Another area of improvement is ride quality. It's quieter, smoother and with less NVH than some competitors. It feels like an all new vehicle. Spinning just 2,000 rpm at 70 mph there is no engine noise and with particular attention given to window sealing and other details it is remarkably quiet with respect to wind and road noise.

Safety is second to none, four wheel discs, an alphabet soup of acronyms and with the GT Touring package (\$3,350) you get Nav, forward collision mitigation, radar cruise and lane departure warning. It was the only option on my tester, even carpeted floor mats are standard. Stopping distance from 40 mph was a very short 41 feet.

Now it gets better. The Outlander has a beautiful leather interior, in this case a tan perforated leather. The overall theme is sophisticated, yet simple luxury. Most all panels are soft touch, hard plastic need not apply. Shapes and function are well integrated into a very easy to use complete instrument panel. It doesn't take a three-unit college course to get up to speed, with about the only "complaint" being the radio volume and tuning knobs could be just a bit bigger, but other than that it is easy to use with plenty of simple presets.

Oh, and those seats are very comfortable and with three rows and seven seatbelts it can carry the load with still over 10 cubic feet of cargo behind the third row. There are over 63 cubes behind the front row and 34 cubes behind the second row. That should satisfy most Home Depot runs. My AWD tester had a reasonable 15.8 gallon fuel tank. Front wheel drive versions get a 16.6 gallon tank.

Now here is the value, pricing for this fully loaded, top of the line model is \$30,995 plus the boat from Okazaki, Japan

(\$850). The GT Touring package brought the total to \$35,195. That's real value and Mitsu throws in a 5 year/60,000-mile bumper to bumper warranty and a 10 year/100,000-mile powertrain warranty.

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.