

Geotourism expo to have native music component

The Tahoe Expo has put together a show to celebrate Lake Tahoe's native culture and vibrant music.

The concert will be Aug. 30 from 3-sunset on the Shakespeare Stage at Sand Harbor. Proceeds will go toward creating of the Washoe Cultural Center at Taylor Creek on the South Shore.

Music acts include: Mary Youngblood with Sana Christian, Larry Aynesmith, Anna Helwing, Michael Cutt, Tin Splendor Band, Julian Forest , Diana Woodbury, Annie Bryant, Ben Rupert, Jeff Brownell and Washoe Story Theater led by Kristin Burtt.

Tickets are \$10 for children, \$20 for adults, or \$30 for special front row VIP tickets. They may be purchased online.

The Tahoe Expo will be on Labor Day weekend with selected GeoTracks on Saturday and Sunday. For more info about the Aug. 30-31 event, go online or contact Jacquie Chandler at 775.287.3982 or jchandler@sustaintahoe.org.

Tahoe youth shares his mindset for education

By Hayley Ringle, Phoenix Business Journal

At 14 years old, Logan LaPlante is introducing the world to "hackschooling," a term he uses as he gains hands-on skills through internships for his alternative, DIY schooling.

LaPlante calls hackschooling “a mindset, not a system,” and says regardless of what type of school a child attends, they can apply this term to enhance their learning.



Logan LaPlante signs autographs. Photo/Arizona Commerce Society

“I want to be happy and healthy, exercise and have time in nature,” said LaPlante, who lives in Lake Tahoe and is home-schooled. “All of these things are important to me. Trees make you tougher.”

LaPlante spoke about his unique background as the keynote speaker last week at the Arizona Innovation Summit in Scottsdale organized by the Arizona Commerce Authority, Arizona SciTech Festival and MIT Enterprise Forum Phoenix.

He gained prominence when his TEDx talk at the University of Nevada garnered global attention when it became the second most-watched video from the event last year with almost 6 million views.

LaPlante is a published writer, an aspiring filmmaker and graphic designer, a public speaker, director, skier and mountain biker who also likes history.

When his parents realized he wasn’t connecting and doing well in public school, they started home schooling him and allowing him to do these internships for his DIY education.

Flu clinic dates set in El Dorado County

El Dorado County Health and Human Services Agency, Public Health Division will begin conducting low-cost community flu vaccination clinics starting Sept. 24, with additional clinics offered through the beginning of November. The seasonal influenza vaccine will be available in nasal mist and flu shot forms at the clinics.

Shots are recommended for those 6 months and older. In addition to the flu vaccine, the pneumococcal vaccine (which protects against pneumonia) will also be available at the flu clinics for those who medically qualify.

The cost per vaccine is \$10, but no one will be denied due to inability to pay; cash or check accepted. Parents should bring their child's immunization records.

South Lake Tahoe:

Sept. 24, Oct. 8, Oct. 22, and Oct. 29 from 9:30am-12:30pm at the Senior Center, 3050 Lake Tahoe Blvd.

Oct. 8 from 3-6pm at Bijou School, 3501 Spruce Ave., in the teachers lounge.

Oct. 15 from 3:30-6:30pm at Bijou School, 3501 Spruce Ave., in the teachers lounge.

Nov. 5 from 3-6pm at the Lake Tahoe Airport, 1901 Airport Road.

West Slope:

Sept. 30 from 1-4pm at the El Dorado Hills Fire Station 85, 1050 Wilson Blvd., El Dorado Hills.

Oct. 1 from 10am-noon at Pioneer Park, 6740 Fairplay, Somerset.

Oct. 7 from 2-4pm at the Georgetown Fire Station 61, 6281 Main St., Georgetown.

Oct. 8 from 1:30-4:30pm at the county fairgrounds, 100 Placerville Drive, in the Organ Room, Placerville.

Oct. 14 from 2-4:30pm at the Community Church, 6361 Pony Express Trail, in the Evergreen Room, Pollock Pines.

Oct. 16 from 2-4pm at the Garden Valley Fire Station 51, 4860 Marshall Road, Garden Valley.

Oct. 22 from 2-4pm at the Community Church, 5061 Sciaroni Road, Grizzly Flats.

Oct. 23 from 1-4pm at the Cameron Park Fire Station 89, 3200 Country Club Drive, Cameron Park.

Oct. 28 from 1:30-3:30pm at the Diamond Springs Fire Station 49, 501 Main St., in the conference room, Diamond Springs.

Oct. 30 from 11am-1:30pm at the County Fairgrounds, 100 Placerville Drive, in the Pavilion, Placerville. Drive through clinic; stay in your car and get vaccinated.

Nov. 1 from 10am-1pm at the Divide Wellness Center, 6065 Highway 193, Georgetown.

7 cardinal rules to retirement planning

By Carl Edwards

An onslaught of retiring baby boomers; the uncertain duration

of Social Security funding; difficulty with workplace retirement accounts like 401(k)s – even if these factors were stronger than they are now, you'd still have a heavy burden in managing your finances during retirement.

Financial planning for retirement has always been a daunting prospect; the current landscape simply makes your preparation that much more crucial in using your assets well.

Many advisers and clients rely too much on single product lines. This misuse often gives products and the financial industry in general a bad name. Advisers who are restricted in the types of financial products they can offer or understand may not provide the best advice. Independent and credentialed planners, on the other hand, don't have their hands tied in what they can offer clients and may provide better advice.

Here are seven essential points that everyone should know regarding retirement planning:

- **Avoid trying to time the market.** Markets often move in cycles and some investors believe that they can boost their investment returns by buying at the bottom and selling at the top. The problem is that investors are terrible at correctly predicting market movements and multiple studies have shown that market timers usually end up with significantly smaller retirement savings than buy-and-hold investors. While it can be stressful to see your portfolio plummet during a market correction, it's important to stay calm and focus on your long-term strategy.

- **Use risk-appropriate financial vehicles.** Retiring can be a risky business. The days of relying on employer-provided pension plans are largely over and retirees now have to deal with risks including investment, inflation, healthcare, longevity and others. Though the total elimination of risk isn't possible, we can manage many of them through competent retirement planning and a clear understanding of factors like

your goals, time horizon and financial circumstances.

- **Invest in the most tax-efficient manner.** Taxes can take a big bite out of investment returns, which is why we stress tax-efficient planning with our clients. While taxes are just one piece of the overall financial puzzle, it's important to structure your investments so that you are able to keep what you earn.

- **Complete a cash flow analysis.** Retirement will involve major changes to your finances. Sources and timing of income will change and financial priorities may shift as you start generating income from retirement savings. A cash flow analysis will identify spending patterns and help ensure that you have enough income to support your retirement lifestyle.

- **Guarantee your required income.** For many retirees, having income that is not subject to market fluctuations is an important part of their retirement plan. Many will have at least some level of guaranteed income from Social Security or defined benefit pension plans. However, if you are worried that your expenses exceed your guaranteed income, a financial adviser can help you explore options for additional streams of income for life. Guarantees are subject to the paying ability of the income provider.

- **Utilize longevity planning.** Today's retirees are living longer than ever and many worry about outliving their assets. Longevity planning is about preparing for a happy, comfortable and independent retirement and can help ensure that your wealth lasts as long as you need it to.

- **Consider the effects of inflation.** Inflation is one of the biggest issues facing retirees because they are disproportionately affected by rising prices. Escalating food, fuel and medical costs can devastate a retirement portfolio unless these costs have been factored into your planning. Positioning your retirement portfolio to fight inflation is

critical to ensuring adequate income in retirement.

Carl Edwards is a chartered financial consultant and is the owner of C.E. Wealth Group.

Emergency preparedness needs to happen now

By Kathryn Reed

STATELINE – When the emergency happens it's too late to think about what to take. That's why it is necessary to have papers in place, an emergency kit packed and a rendezvous spot selected now – not later.

Leona Allen with Lake Valley Fire Protection District and Niki Congero with Lake Tahoe Humane Society last week dispersed a wealth of information and tips about what people should do for themselves and their pets.

Allen brought a suitcase to the Soroptimist International South Lake Tahoe meeting at Harrah's Lake Tahoe. It wasn't because she was staying the night. The contents are what will get her through a few days if she were evacuated.



First aid and larger emergency kits should be tailored to an individual or family's specific needs.

And she knows all about being displaced. She and her husband lost their house in the 2007 Angora Fire.

"If you are not prepared to evacuate, you won't come away with a lot of stuff," Allen said.

She knows of people who showed up at a Red Cross shelter with the TV remote. During Angora one young person thought taking her dad's prized elk that was in freezer was the most important thing. It ended up spoiling when the electricity went out at the house she took it to.

Allen said people have become complacent in the last seven years. And the rains of late also wrongly convince people the threat of fire has lessened. All that water just makes fire fuels grow.

But it's not just a wildland fire that could sweep through the basin. It could be an individual house fire. It could be a flood. It could be an extended power outage. It could be a snow event. It could be any number of things.

Cell phones likely won't work. How will you connect with loved ones? If your normal route out of town or to a friend's house for shelter is blocked, what is Plan B? Do you know how to turn the electricity off?

Those are some the questions to answer now, not during an emergency.

Shutting windows and doors before leaving is imperative because embers can blow in and start a fire from the inside out.

Write a sign now on bright poster board that says "Home Evacuated" and then post it in a visible place outside before you leave. This saves first responders time as they go door-to-door to make sure everyone is out.

"Don't turn the sprinkler system on the roof. It only takes away water pressure. That happened during Angora," Allen said.

In Allen's emergency bag she has a sleeping bag, dehydrated food she would use backpacking, water (that she changes every few months), towels, bandana (this helps with smoke, but don't wet it because it could cause burns in the heat of a fire), first aid kit, can opener, box of disposable gloves, plastic bags, cell phone charger, flashlight, radio, note pad/pen (her dad kept a journal during Angora that proved invaluable when dealing with the insurance company), address book with phone numbers, maps and a knife.

Also in the kit is a computer disc with pictures of every room in the house, all of their insurance information, bank info, copies of utility bills, deed to the house, and vehicle registration.

"After the Angora Fire, this was priceless," Allen said of the disc. She said to include anything on it that you think will help in the recovery process.

On top of the kit, have a list of things to grab at the last minute – money, credit cards, checkbook, and whatever else you might immediately need.

She said fireproof safes turned out not to work during Angora.

Some people recovered melted jewelry, while others returned to charred cash. Bank safe deposit boxes are a good alternative. And during the Tahoe fire Tuff Sheds endured the wrath of fire and heat.

When it comes to pets, Congero recommends having a supply of food and water for 48 hours. They should have their own kit that includes food and water, stainless steel bowls (so they don't melt), tags, medication, a carrier, collars, harness, leash, litter box, cleaner, paper towels, tub of Lysol wipes, first aid kit for animals, gauze wrap, and proof of vaccinations.

Post-Hurricane Katrina a law was created mandating communities set up shelters for animals if they want to receive federal dollars. Shelters must also be where their people are. And Congero said bring your pet's favorite toy or blanket to the shelter, because they, too, get stressed.

The local Humane Society is prepared with two trailers full of kennels, running water and a vet ready if need be. They are ready for large animals, too. And they have aquariums for fish and could handle birds.

She said if for some reason you can't take your pets, don't tie them up. Leave them in the house. Fill the tub with water, put the toilet seats up and shut the dog/cat doors.

Mountain living leads to happier, healthier life

By Abigail Wise, Huffington Post

"The mountains are calling and I must go," naturalist John Muir famously wrote back in the 19th century. And while he set off to create and protect one of today's most famous wilderness parks, Yosemite, all of that time spent in the mountains may have also led him to happiness and health. From Mount McKinley to the Matterhorn, snow-capped peaks and foggy summits have a lot more to offer than breathtaking views.

Altitude may fight obesity.

Before Sir Edmund Hillary summited Everest, mountaineers spent a lot of time trying to figure out how to maintain enough calories to sustain their journey to the top. "We've known since the 1920s (that) if you go to really high altitudes you will lose weight," Robert Roach, director of the Altitude Research Center, told the *Chicago Tribune*.

Indeed, recent research has also confirmed a link between altitude and weight loss. For instance: One 2013 study showed that living at sea level is associated with a four to five times higher risk of obesity, compared with people living at the highest altitudes in Colorado. Another study showed that even visiting the mountains for as short as one week can spur weight loss. With these findings, it's no surprise that mountain states – like Colorado, Utah and Vermont – hold some of the lowest obesity rates in the country.

It also lowers the risk of heart disease.

Those who live at higher altitudes also have a lower risk of dying from ischemic heart disease, according to research published in the *Journal of Epidemiology and Community Health*. "Lower oxygen levels turn on certain genes and we think those genes may change the way heart muscles function. They may also produce new blood vessels that create new highways for blood flow into the heart," study researcher Benjamin Honigman, M.D., director of the Altitude Medicine Clinic, said in a statement.

Read the whole story

Tahoe Tails – Adoptable Pets in South Lake Tahoe



Shay

Shay is a pretty silver lynx point Snowshoe Siamese cat. She is about 2 years old.

She is a friendly cat who came into the shelter with her equally handsome brother, Liam. We would prefer that they go to the same home. They are most happy when together.

Shay is spayed, microchipped, tested for FIV and vaccinated. She 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

A lot of people never unplug from their devices

By Brian R. Fitzgerald, Wall Street Journal

How addicted are you to your devices?

In a recent survey by CivicScience that was charted by Statista, 70 percent of U.S. respondents said they unplug from their gadgets once or week or less. Some 43 percent said they don't unplug from personal electronics at all.

That makes sense: With phones in our pockets, e-readers on the nightstand, multiple social networks to update and TVs everywhere (including in our pockets), it is more challenging than ever to go device-free. (We're not counting sleep, though people are known to sleep with their smartphones close at hand.)

Read the whole story

Bruno Mars shakes up Lake Tahoe

By Kim Wyatt

STATELINE – If there is a population explosion in Tahoe nine months from now, Bruno Mars is to blame. The charismatic showman and his fantastic band delivered a romance-drenched retro pop fest to devotees young and old Aug. 14 at Harveys Lake Tahoe Outdoor Arena.

In Mars' Tahoe debut, he put on the kind of joyous, sexy show that's sure to spark sales and grow new fans. The stripped-down stage, reminiscent of "Soul Train," ensured that the front man and his stellar musicians were front and center the entire evening, and their smooth choreographed dance moves conjured the Jackson Five at their infectious best.

The Moonshine Jungle Tour showcased songs from Mars' second album, the double-platinum "Unorthodox Jukebox," including the hits "Locked Out of Heaven" and "Treasure." With only two albums behind him, Mars has created already a bestselling body of work, with five No. 1 singles. It doesn't hurt that the songs are all great when performed live, perhaps even better.



Bruno Mars with his band the Hooligans deliver a sexy, high-energy show Aug. 14 at Harveys. Photos/Kim Wyatt

And Bruno delivered. Born and raised in Hawaii by a family of musicians, the singer-songwriter has amassed quite a following, with many in the full house singing along to every song. Mars' faithful fans swooned, arms in the air, as if they were at a revival. It's a good time for an earnest singer-songwriter who croons about love and heartbreak without irony – maybe every generation needs one.

Mars' 13-song set was funk, R&B, Motown and pop-infused. I heard the influences of James Brown, the Police, Earth, Wind & Fire and the Bee Gees. But rather than sound like something old, the songs sounded like something new. Mars' eight-man band, the Hooligans, matched him step-by-step. This hardworking group had a great time and it was contagious. The high-stepping lineup of horn players and funk guitarists made great music look easy, right down to their '70s stylings. A few of them even seemed to be wearing polyester slacks, or some kind of miracle fabric that emphasized their swiveling hips and musculature.

Speaking of fashion, this was a well-appointed, fedora-wearing

crowd. Seriously, there were a lot of fedoras, even on children. Maxi-dresses and makeup were more Miami than mountain girl, and I saw several clean-shaven young men sporting tiny pompadours getting their groove on. Mars, wearing a Panama hat and shiny penny loafers sans socks, offered a straight-up, genuine connection with the audience and his band, stopping several times to chat up the crowd, encouraging lovers to love one another, and to let the band take care of the rest.



Bruno Mars delivers like a veteran musician.

“Tahoe, it’s time to get your freak on,” Mars cajoled, and many gladly obliged.

Mars’ energy never flagged, not after executing flawless dance moves, wailing on an electric guitar, or performing emotional vocals. Is there anything Mars’ can’t do? If so, we weren’t aware of it at this show. The encore featured two of his most popular numbers, “Locked Out of Heaven” and “Gorilla,” my least favorite song in his oeuvre. While Mars’ music is known more for its sincerity and pop hooks than its depth, the lyrics of this song never fail to make me laugh or cringe, depending on the day. I think it’s supposed to be Prince-like, but ... no. It’s too bad because I like the tune. I’m probably not the intended demographic. I did see several young women in the audience clutching stuffed gorillas.

Norwegian duo Nico & Vinz – they called themselves “Afro-Vikings” – primed the crowd with good vibrations and infectious pop, the kind of music you want to listen to in the summer with an umbrella in your drink. They ended their set with their hit, “Am I Wrong,” to the delight of a sing-along audience. It’s a real treat when an unknown opening group turns out to be so charming and talented, and a great introduction to what turned out to be masterful show.

It will be fun to see what Bruno Mars does next. In the meantime, having a little soul doesn’t hurt, and the world could use more love. Now, if you’ll excuse me, I’m off to buy a polyester suit.

Start exercising to cut breast cancer risk

By Melissa Healy, Los Angeles Times

For women past childbearing age, a study finds that a modest amount of exercise – four hours a week of walking or more intensive physical activity such as cycling for just two hours a week – drives down breast cancer risk by roughly 10 percent.

If exercise were a pill, its effectiveness in driving down a woman’s breast cancer risk would occur fairly quickly, the new research says: When women reported at least this modest level of physical activity over the last four years, they were less likely to have developed malignancy in a breast.

But, like a pill, exercise must be continued for the effect to

endure: Even if a woman had been physically active earlier in life, when her reported physical activity levels dropped below the equivalent of four hours of weekly walking, her risk of developing breast cancer went back up.

Read the whole story