

Valhalla releases free summer concert schedule

Music on the Lawn is a series of free concerts throughout the summer on the Valhalla Grand Lawn.

All concerts are from noon-2pm.

Kicking off the daytime Series for Father's Day will be the South Tahoe High School Jazz Band on June 16.

June 30: Exceeding 55 plays 1960-70s folk rock in three part harmonies.

July 7: Fabrizio will perform R&B, light jazz, country, and rock hits.

July 21: Ike and Martin are an acoustic mix.

Aug. 4: The Steve Walker Band is a trio consisting of Walker on guitar, Charlie Schofield on bass and Eric Hellberg on drums.

Aug. 25: BJ and Friends is known for its jazz/honky-tonk piano sounds.

Sept. 1: The Alan Miller Trio presents jazz standards and a few surprises.

The historic Tahoe Tallac Site is located two miles past the intersection of highways 50 and 89.

The Virgins to rock MontBleu

New York alt-rock band The Virgins will perform at Lake Tahoe on June 8.

Having toured earlier this year with The Killers, The Virgins have also shared the stage with Iggy Pop and the Stooges, Lou Reed, Sonic Youth, Patti Smith, along with appearances on David Letterman, Conan O'Brien and Jimmy Fallon.

The show at MontBleu begins at 9pm, with tickets \$20 to \$25 and available through Ticketmaster or the MontBleu Box Office, 888.829.7630.

Father's Day concert at Thunderbird Lodge

Thunderbird Lake Tahoe presents a musical extravaganza for the whole family on Father's Day – June 16.

In the spirit of Nevada's Western heritage, cowgirl singer-songwriter, guitar player and yodeler Kristyn Harris will perform at historic Thunderbird Lodge in Incline Village.

In 2012, 18-year-old Kristyn Harris was a top five finalist for Academy of Western Artists Female Performer of the Year.

The 90-minute concert will begin at 11:30am.

Shuttles depart from the Lake Tahoe School in Incline Village at 10:45am and 11:15am.

Light refreshments will be served after the concert. Ticket prices are \$25 per adult and \$15 for children 12 and under. For information or to purchase tickets, call (775) 832.8750 and press No. 3.

South Lake Tahoe educator leaves legacy of enriching lives of multiple generations

By Kathryn Reed

It won't just be the students at Mount Tallac High School who will be graduating June 7. So will their leader.

Susan Baker is calling it quits after 23 years in Lake Tahoe Unified School District. She is no ordinary educator in charge of ordinary students. She is a force at the continuation high school who when she sees a problem, she solves it.

In the late 1990s she was well aware that girls who became pregnant dropped out of school. There was no program for them. There was little future.

"The most important thing we needed to do was create an atmosphere that fostered academic success," Baker told Soroptimist International Tahoe Sierra. (The service club has been a huge financial supporter of the program. She gave them one last recap last month.)



Susan Baker is retiring after 23 years with Lake Tahoe Unified School District. Photo/LTN file

For many of the girls, this has been the first time they have found academic success. The theory is that it won't be the last time.

Baker calls the Young Parents Program the crown jewel of her tenure with the district. It all started 13 years ago in the Viking Lodge as an independent study program.

Now there is a comprehensive academic program for them at Mount Tallac.

In the first year there were 33 teenage moms in the program. In fall 2012 she started with one baby and one pregnant girl. She is ending the school year with three more pregnant girls.

Baker quickly realized getting the girls to school was a necessity. A taxi service helped with that. Then there were the social services, which were brought to the girls in large part through Early Head Start via the El Dorado County Office of Education.

Most of these young girls do not have good role models for being a mom. The Soroptimist pay for a nurse to be on site who teaches the girls about diet, the importance of birth control, and caring for themselves and their baby.

Nationally, 70 percent of teen moms have more than one baby. Baker has seen two girls get pregnant more than once in her 13 years. She attributes this to the nurse and the girls seeing the value of an education.

On campus is a high quality day care so mom and child are not far from each other during the school day. This also allows breast feeding, and for the two to bond throughout the day.

Just because Baker is retiring doesn't mean she is leaving everything behind. She wants to collect data on where the babies of these girls are now. She also envisions sharing her knowledge and expertise with others.

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Notes:

Others retiring in June from LTUSD include:

- JJ Clause (38 years)
- Linda Kurek (33 years)
- Eric Allmeroth (18 years)
- Don Borges (37 years)
- Mary Burns (24 years)
- Gini Gunsch (13 years)
- Kris Hakenson (25 years)
- Linda Loughrin (25 years)
- Eileen McEwen (36 years).

Classified staff who retired at the end of last year:

- Romeo Alaoen (36 years)

- Andy Balwing (35 years)
- Wane Blaylock (26 years)
- Sandy Bobman (35 years)
- Jerry Buckley (18 years)
- Cathy Crabtree (25 years)
- Steve Dorman (18 years)
- Cindy Farmer (27 years)
- Ken Gerrard (15 years)
- Pam Giordano (22 years)
- Birgie Lukins (21 years)
- Sandy Hood (26 years)
- Kathy Humphreys (20 years)
- Jerry Lufrano (26) years
- Cheryl Walters (33 years)
- Holly Weber – (28 years).

The school board will honor all of the retirees at the June 11 6pm board meeting.

Breathing should not be taken

for granted

By Mandy Kendall

How often do you think about the way you breathe? If you're like most people, it is something we don't have to think about ... so we don't. There is so much else going on in our lives, who has time to concentrate on breathing!? It happens without us thinking about it so why do we need to?

Well, there are many reasons to spend a little time focusing on this very important, life giving, practice. Here are just a few of them:

Our cells need oxygen – Our cells are very reliant on oxygen to perform all of their functions and produce energy. Some research has shown that cancer cells thrive in low oxygen environments, so this is another reason to keep your body flooded with oxygen.



Mandy Kendall

Fill your lungs – Your lungs need the action of fully inflating to keep the tissue healthy and free from mucus and infections.

Aid digestion – By breathing deeply, and pushing your diaphragm down into your lower belly, you gently massage your intestines and bowel, helping with the physical act of elimination.

Detox – Your breath is one of the main pathways for toxins to

be carried out of the body (that's why they use breathalyzer tests to detect toxins like alcohol in the blood).

Lymph circulation – This is another system that helps carry toxins out of the body and relies on the respiratory system for its circulation.

Increases oxygen to the heart – The heart muscle works very hard and requires a lot of oxygen to ensure proper functioning.

Immune system – Relies on oxygen to repair cells, heal damaged tissue and fight infections.

Feed your brain – Oxygen is vitally important to keep our brain cells alive and healthy.

Keep wrinkles at bay – Oxygen rich blood helps feed your skin (the largest organ in the body) and wrinkles can be reduced by improved circulation.

Calm things down – Deep breathing relaxes the body, helps remove stress hormones from the blood, releases endorphins (happy hormones) and is a natural painkiller.

So how do we breathe better? Here are a few *Qwik-e* tips to get you started.

Belly pushups – Lie down and place one hand on your belly button and one hand on your ribs just below your collarbone. Then try breathing slowly, but deeply, down into your lower belly so that only the hand on your belly button moves up and down. If you feel a slight tight sensation in between your hands (around the base of your ribs) this might suggest that you've not been using your diaphragm that much and it's not used to stretching down into your lower belly to allow your lungs to fully inflate. Like any muscle that isn't used very much, it will improve with practice and use. This is great to try in the morning before you get out of bed and also last

thing at night before you go to sleep.

Shoulders down – Another way of making sure you are breathing fully is to sit or stand comfortably, then just be aware of any movement in your shoulders while you are breathing. If your shoulders lift up and down, as you breathe in and out, this also suggests that you are only using a small part of your lung capacity, and also tightening shoulder and neck muscles at the same time. Try to breathe slowly and deeply into your lower belly and keep your shoulders down and relaxed. Watching yourself in the mirror helps with this at first. It's often best to try this one sitting down first as a flush of oxygen into your body may make you a little light headed, in a good way.

Counting breaths – Counting as you breathe in and out will give you an idea of how much air you are taking in. If you can only comfortably inhale (at your normal rate) for a count of 3 or 4 that may mean you are only partially inflating your lungs. Aim to increase the length of time you breathe in, and then match that number as you breathe out. So, if you can count to 5 breathing in, count to 5 as you're breathing out. Then see if you can take a little longer each time.

Until next time.

Mandy Kendall operates Health Connective in South Lake Tahoe, which aligns wellness seekers with their ideal wellness provider. If you have questions, would like some advice, or would like to request some Qwik-e tips on any health and well-being topic, drop her an email at connect@healthconnective.com or keep an eye out on Lake Tahoe News for regular Qwik-e tips on how to make healthy changes one Quick and Easy step at a time.

EDSO involves more than patrolling the streets

By Ted Long

This week we learned about two unlikely connected subjects, Hostage-Crisis Negotiations and the Emergency Services Department. The hostage presentation was by Detective Sean Fitzgerald. Like those before him, he was personable and likable, although he tried a little too hard, in my opinion, to be funny.

Many of us had hoped to hear some real life stories, like TV where the hostage negotiator, after hours of talk, brings out the suspect and all ends well. Instead, we heard mostly about some fundamental rules in hostage negotiation. Things like don't promise anything, seal off the communication so the suspect only can talk to the negotiator, no jokes and be sure your mic is off or the phone is on hold before you start to talk with your fellow officers.



Ted Long

Hostage-crisis negotiation is not an exact science, however, the fundamentals are carefully observed. The basic idea is to relate to the suspect, not to agree. To encourage a positive conclusion without specific promises, to let the suspect

know, clearly, that the issue is limited to his surrender without directly saying so. Our instructor admitted he actually cried with a female suspect in sympathy for her dilemma.

Deputy Matt Cathey – again, another long-term deputy with about 20 years of service, led the second part of the evening. We were told about the OES center and how it operates. For me, the stories from the Angora Fire were most interesting. The OES has a center at the county office complex in Placerville and can be set up in an hour or two. When operating all the activity of fire, rescue, police and the various local, state and federal operations are directed from their. Evacuation planning and the actual evacuation is a prime function of the office. The county has a new service that will automatically give you an evacuation notice call. If you have a conventional landline, you are already connected, but to get your cell phone connected you need to go to the website or call (530) 621.4911.

An area of concern that I had not thought about was the possibility of floods in the Sacramento Delta. The area is rated as the second most dangerous after New Orleans and the possibility of a tidal wave on Lake Tahoe in the case of an earthquake. The OES has already worked out an evacuation plan for those two possibilities. Another task of the OES is to work with the various departments to deal with workplace violence, which can be a serious issue. Their role is to review and advise.

Also, Cathey coordinates the massive, more than 160-member search and rescue program. As a part of the presentation of the this voluntary program and the commitment on the part of the volunteers he gave great promo for CalStar, which every mountain resident should be a member of, the cost of a helicopter evacuation can run in to the tens of thousands and as a CalStar member it will cost you little.

Next week we visit the evidence room and begin preparation for our “traffic stops” exercise.

Ted Long is a South Lake Tahoe resident participating in the El Dorado County Sheriff's Citizens Academy.

Put the fork down – it will lead to weight loss

By Robert S. Wood

I've found an easy offbeat painless strategy for losing weight and staying slim without dieting. If you've tried everything else – with poor results – you might give this a whirl.

I credit a simple combination of often overlooked strategies to satisfy hunger, but avoid the overeating that puts on pounds. Plus, I've discovered a devilish hidden psychological barrier to weight loss – and found a way to sneak around it.

Nutritionists tell us flat out that we eat too much and too fast. Overeating results in weight gain. So why do we do it? Shrinks say overeating is a powerful lifelong habit, instilled at infancy by well-meaning parents who were afraid our tiny bodies wouldn't grow up strong and healthy if they didn't make us eat and eat.



Paying attention to food intake can help keep pounds off. Photo/CNN

As we grew older, their pleading, bribing and cajoling turned to hounding, bullying and threatening. They thought that was their job, inherited from their parents. As impressionable kids, we were shamed into cleaning our plates and told that wasting food was a sin when half the world's children were going hungry. (Dubious logic, but it worked.)

"They can have my squash and liver," I often grumbled, but it didn't sell.

Considering that pressure, no wonder we all have food hang-ups, eating neuroses, even food psychoses. And obesity in kids and adults is steeply on the rise. No wonder diets don't work, and we still helplessly, dutifully clean our plates, unwilling to risk that remembered shame and guilt. Shrinks tell us that death is often preferable to acute embarrassment for many people. It's that strong.

They say that constantly reinforced demands, beginning in infancy, enforced with punishment, threats and fear of disgrace, become so deeply embedded that they continue to dictate, often unconsciously, for the rest of our lives unless we unearth and examine them, and consciously decide to kick them.

That's what I decided to do.

After discovering that cleaning my plate like a good little boy often led to feeling uncomfortably stuffed, bloated for hours, feeling sluggish and dull, my pants too tight, it dawned on me that I was somehow eating more than I wanted and eating when I wasn't even hungry. It was quite a revelation.

Clearly, eating when you're not hungry is bone dumb. So why did I do it?

Like many others, I was following imperial orders hammered into me by my parents, seemingly from birth. As a young adult, I reveled in eating freedom, but as the years passed the old entrenched clean-your-plate habit returned, and I began to put on unwanted pounds.

When I realized what was happening, I began to extensively experiment with eating less and I did some research. I read in a scientific report that there's a proven distinct time gap – often 20 long minutes – between when our stomachs are full and when the fullness registers in our brains. They called it “Gap Eating.”

That's huge because one can eat a lot in 20 minutes. And most of us obliviously keep eating after we're already full but don't yet consciously know it. And that disastrous habit dependably puts on the pounds and stubbornly keeps them there.

So I devised a strategy for combating Gap Eating. First I resigned from the “Clean Plate Club.” Next I learned to take small bites and I eat sloooowly. Sometimes, if I'm dangerously ravenous, I slow myself down by taking a breath or two or even three between every swallow as the eating experts advise.

I also remind myself of the utter foolishness of Gap Eating, and I wait for the realization coming from my gut by way of my brain that I'm no longer hungry. It's all about developing some appetite self-awareness.

As I eat, I often mentally check my hunger level. If it's

gone, I stop eating, cold turkey, right now; even with a forkful halfway to my mouth. No kidding. Ask my wife.

I refuse to swallow another bite even if there's just one more forkful on my plate because I know that eating when I'm no longer hungry is dumb, puts on hard-to-get-rid-of pounds, and adds no extra salivary satisfaction or nutrition.

Those millions of starving children can't make me feel guilty anymore because my leftovers really can't help them. They just go in the fridge for later.

That's my strategy for avoiding disastrous Gap Eating. For me, it beats restrictive dieting, or taking expensive stomach-bloating pills, or undergoing invasive gut surgery – most of which aims to do the very same thing – make you feel full so you stop eating. Instead, I use my brain and developed awareness.

By stopping Gap Eating you can eat what you want without hunger or feeling stuffed or gaining extra weight. It's worked for me to stay slim or lose weight for decades. It's become a good habit so I don't even think about it anymore. If other strategies haven't worked, you might give it a try.

Robert S. Wood and his wife spend half the year in Lake Tahoe and the other half in Sedona. He is the author of a dozen books, including the original trail guide to Desolation Wilderness.

Study: So much sitting is not

a good thing

By Karen Ravn, Los Angeles Times

“Prolonged sitting is not what nature intended for us,” says Camelia Davtyan, clinical professor of medicine and director of women’s health at the UCLA Comprehensive Health Program.

“The chair is out to kill us,” says James Levine, an endocrinologist at the Mayo Graduate School of Medicine.

Most of us have years of sitting experience, consider ourselves quite good at it and would swear that nature intended us to do it as much as possible.

But unfortunately, a good deal of data suggest that we’re off our rockers to spend so much time on our rockers – as well as the vast variety of other seats where we’re fond of parking our duffs. Here’s a sampling of what scientists have learned about the insidious nature of sitting.

The human body was designed for walking, and people did a whole lot of that for millennia. But lately, not so much. In general, scientists believe, Americans now sit for more than half of their waking hours. Sadly, the sitting position exerts forces on the body that it’s not built to accommodate, Davtyan says, and so, as comfy as it may seem, couch potato-hood can lead to a host of woes, including poor circulation and assorted aches and pains.

We’re not using much energy when we’re sitting still, which is no doubt part of its appeal. But, of course, “not using much energy” is just another way of saying “not burning many calories,” which is just another way of saying “watch out for extra pounds.” “There is debate as to whether it is the chair or the knife and fork that have caused the increase in obesity rates,” Levine writes in a 2012 article. A person with a desk job may burn 300 calories a day at work, he reports, but that

same person might burn 2,300 calories a day in a job that requires considerable physical effort.

Sitting at your desk for hours on end, slaving away diligently, can increase your chances of getting a promotion – but also diabetes, heart disease or even an early grave. A study published in the journal *Diabetologia* in November 2012 analyzed the results of 18 studies with a total of nearly 800,000 participants. When comparing people who spent the most time sitting with those who spent the least time, researchers found increases in the risks of diabetes (112 percent), cardiovascular events (147 percent), death from cardiovascular causes (90 percent) and death from all causes (49 percent).

“Sitting is the new smoking,” says Anup Kanodia, a physician and researcher at the Center for Personalized Health Care at Ohio State University’s Wexner Medical Center. As evidence, he cites an Australian study published in October 2012 in the *British Journal of Sports Medicine* that compared the two pastimes. Every hour of TV that people watch, presumably while sitting, cuts about 22 minutes from their life span, the study’s authors calculated. By contrast, it’s estimated that smokers shorten their lives by about 11 minutes per cigarette.

How can this happen? Not only is sitting lousy at calorie burning, but it has been shown to suppress the production of an enzyme called lipoprotein lipase, which is essential for turning bad cholesterol into good. Sitting can also lead to insulin resistance and, therefore, trouble metabolizing sugar. All these strikes against it help to explain, at least in part, its association with heart disease and diabetes.

Is exercise the solution? Suppose you do 100 sit-ups every morning. Can you safely sit back and rest on your laurels the rest of the day? Research says no. Despite the good it does for you in many ways, exercise is not a vaccine against the ills of sitting. Once you burn a bunch of calories, they’re gone, of course. But it doesn’t take long for some of the

other beneficial effects of exercise to wear off and the detrimental effects of sitting to set in. For instance, lipase production can go down by 90% within hours, a 2008 study in the journal Diabetes found.

Is there any hope? There are ways of outwitting our penchant for sitting. Levine has a treadmill at his desk that he strolls on all day long. He made his own, but many models are commercially available. Indeed, whole lines of furniture have been developed to facilitate what David Kahl calls “active sitting.”

It can take a while for people to adjust to this new way of sitting, says Kahl, who owns the Ergo Depot in Portland, Ore. “But in the end I haven’t had anybody say, ‘I can’t do it.’”

There are simpler steps to take too – e.g., merely increasing the number of steps you take during the day. But can such small things really make a difference? A study published last year in Diabetes Care showed you can improve your glucose metabolism with a two-minute walk every 20 minutes.

Considerable anecdotal evidence points in the same direction. True, many – perhaps including you yourself – have done some of their best work while sitting at their desks. “That’s where I shine,” the late writer Robert Benchley once said. But many others have achieved remarkable success while standing up on the job, including Winston Churchill, Charles Dickens, Benjamin Franklin, Ernest Hemingway and Mark Twain.

And then there was Einstein, Levine notes: “He was riding a bike when he came up with $e = mc^2$.”

Tahoe Tails – Adoptable Pets in South Lake Tahoe



Cleo

Cleo is a 4-year-old Treeing Walker Hound. She has a nice, soft bay when she gets excited, but she is a nice dog who is quite well-mannered.

And she has one blue eye and one brown eye.

Cleo used to live with lots of dogs and gets along well with them, plus she likes children. She would like to live with a family that will take her hiking and give her lots of exercise.

Cleo is spayed, microchipped, and vaccinated.

Go online to see photos and description 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

Pony Express to ride through South Shore

The National Pony Express Association will conduct its annual re-ride of the Pony Express Trail from St. Joseph, Mo., to Sacramento June 17-27.

This ride is 24 hours a day, nonstop by more than 600 riders and horses covering the 1,966 mile route of the Pony Express National Historic Trail from Missouri through Kansas, Nebraska, Colorado, Wyoming, Utah, Nevada to California.

The event commemorates the 1860-1861 Central Overland and California Pikes Peak Express Company which carried letters and telegrams for 19 months to prove the Central Route through Salt Lake passable year-round. The owners hoped to win a federal mail contract on that route. Pony Express history is preserved in the federally designated Historic Trail, administered by the National Park Service, in museums, Pony Rider monuments, books, and the annual recreations by the NPEA.

Riders will pass in front of Harrah's Lake Tahoe at Friday's Station to exchange the Mochila on June 26 at 11:30am.

Note: Anyone wishing to see the Pony Express riders should be aware that they may be anywhere from two hours ahead to two hours behind schedule.

Today, part of the Pony Express Trail route is a multi-use trail located near Sierra-at-Tahoe.

There are a few relay stations in South Lake Tahoe. One at Friday's Station, just east of Harrah's casino where the

statue is today, and two others out in Meyers by Lira's Market and the Hawley Grade Trail. Another station is located at Woodfords near Markleeville.