

Randy Hilliard Acevedo – 1949-2013

On April 5, our deeply loved husband, father and grandfather left us unexpectedly. He was 63.

Randy Hilliard Acevedo was born Nov. 23, 1949.

Randy graduated from USC Dental School in 1974. After practicing dentistry in Switzerland for a year, he opened his dental practice in South Lake Tahoe.



Longtime SouthTahoe dentist
Randy Acevedo died April 5.
Photo/Provided

He enjoyed the outdoors. If not working, he could be found on the golf course, the lake, in the mountains or anywhere life's beauty could be experienced.

He cared deeply for the patients he treated over the years, many of whom remained lifelong friends.

His humor, compassion and kind heart will forever be with us. He will be remembered as the best husband, father, grandfather and friend anyone could hope for.

Randy was preceded in death by his parents, Arthur and Mary Acevedo.

He is survived by his wife of 37 years, Monique, their two sons, Jason and Eric, and his granddaughter, Makenna. He also leaves his only brother, Scott Acevedo (Richard) from Tustin, as well as his loving extended in-law family in the Netherlands.

A celebration of life will be April 14 from 4-6pm at Edgewood Tahoe in Stateline.

U.S. book sales increase with growth in e-books

By Dawn C. Chmielewski, Los Angeles Times

Book sales rose 6.2 percent last year in the U.S., thanks to the continued growth of electronic publishing, according to newly released StatShot data from the Association of American Publishers.

Electronic books, which a decade ago represented a tiny fraction of the industry's revenue, now are the fastest-growing segment of the publishing business. Indeed, sales of digital versions of books for children and young adults more than doubled in 2012 from a year earlier.

The digital transition has been gathering momentum since the 2007 introduction of e-readers such as Amazon's Kindle, and accelerated with the soaring popularity of tablet computers that followed the 2010 launch of Apple's iPad.

E-books account for an increasing share of the industry's sales, rising from 1 percent of revenue in 2008 to nearly 23

percent of sales in 2012, according to data provided by nearly 1,200 publishers.

Total trade book sales in the U.S. reached \$7.1 billion in 2012, up from \$6.7 billion the prior year.

Sales of adult fiction and nonfiction reached nearly \$4.9 billion last year, up 5.6 percent from 2011. Digital sales in those categories rose 33 percent to nearly \$1.3 billion, with the digital revenue gains more than making up for declines in hardcover book sales, which fell 6.7 percent to \$1.4 billion. Paperback book sales rose 6.2 percent to \$1.5 billion.

Children's and young adult book sales rose 13 percent to nearly \$1.7 billion in 2012, compared with the prior year. Revenue from children's and young adult e-books jumped 121 percent to \$233 million. Hardcover books still dominate the category, accounting for nearly \$830 million in sales.

Sales in the religion category fell 5.4 percent to \$576.6 million in 2012. Digital book sales in the category rose 20 percent to \$57 million in 2012, while publishers reported declines in paperback and hardcover revenue.

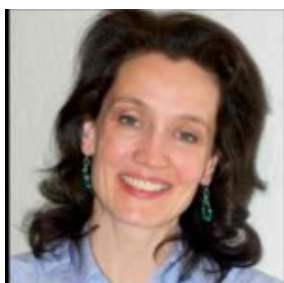
Fight allergy season with more than a tissue

By Mandy Kendall

Isn't wonderful to see all the buds and blooms coming out with the first few days of spring?

Isn't it not so wonderful that all those pesky allergens (foreign substances that cause allergies) have to come with

them? I woke the other morning with the first signs of a dripping, itchy nose and scratchy red eyes. I felt absolutely fine, so could only presume that this was my immune system detecting things in the air that it was not too happy about.



Mandy Kendall

It's only our third spring here, so I'm still getting used to all the different pollens and itch-making things, but each year I react less and less. I already have my favorite natural allergy buster (which I will share with you below) but there are many natural remedies that can be tried before, or in conjunction with, the over the counter remedies.

So the *Qwik-e* tips for today are a few of the most common ways to help your system from reacting adversely to Mother Nature at this time of year.

Fans – Try to avoid using fans to cool a room as they can actively pull pollen into the house.

Driving – Keeping windows closed while driving will help you from being blasted by allergens. It also helps to have your cabin air filters checked too.

Foods that boost immunity – A German study published in the Allergy journal found that those people who regularly ate food rich in Omega 3 fatty acids were less likely to suffer from allergy symptoms than those who didn't. Omega 3 foods include; cold water fish, walnuts, flaxseed oil, eggs and grass fed meats.

Local honey – This one is my favorite! I found it a highly effective defense against the showers of pollen we get around here. Make sure it is from a local beekeeper and raw is best.

Probiotics – WebMD states that, “Probiotics are organisms such as bacteria or yeast that are believed to improve health.” Our inner ecosystem is a fine balance of good bacteria that help protect us from the outside world, and there is evidence that probiotics help “maintain a strong immune system.” Live cultured yogurt and dark chocolate are just two food sources rich in probiotics. Consuming probiotics (especially those that are native to the human digestive tract) can help boost your inner ecosystem and your immunity. Many supplements will contain them too.

Keep them out – A little Vaseline wiped around the inside of each nostril can help trap allergens before they get up your nose and cause trouble.

Flush them out – Neti pots, an ancient form of nasal cleansing, are reported to be very effective at keeping the irritation at bay. Nasal flushing definitely needs practice and there are many recommended techniques. Sezelle Gereau Haddon, an attending otolaryngologist at the Beth Israel Medical Center Department of Integrative Medicine in New York City, tells patients to “pant like a puppy, which lifts the palate and closes off the back of the nose so you don’t get that drowning sensation,” which sounds like great advice to me.

Holistic therapies – Are all geared toward getting your body, and immune system, into fully functioning mode, and therefore significantly more able to deal with allergens without causing you discomfort. Have a chat with a few therapists in your area and see which approach, and practitioner, resonates with you the most.

Antioxidants – Are a great way to ward off irritants and there

are many everyday natural foods and drinks that are full of them. Green and herbal teas are a great way to get more antioxidants into your body. Most herbs and spices are full of antioxidants as are fruits (especially the dark berry family) and vegetables.

Avoid processed sugar – Sugar suppresses your immune system that fights off allergens that cause allergic reactions. Studies show that 3 ounces of sugar can suppress your immune system within 30 minutes of consumption and keep it down for up to 5 hours.

Keep outer clothes outside – Try and keep coats, shoes and outer layers that you have worn outside in an outer room or cloakroom. This will help from tracking nature's little allergens inside your house.

Hair – Try brushing your hair with a damp brush or comb, to wipe away allergens that are clinging to your head, especially before you go to bed to keep them from being right under your nose all night.

Please share your tried and tested remedies below.

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.

Music festivals thriving throughout U.S.

By Chris Talbot, AP

NASHVILLE — Coachella and Lollapalooza are sold out. Bonnaroo's nearly there, too. But eager fans need only be patient: Wait a few years and chances are you'll have a star-studded music festival of your own within driving distance.

New music festivals are popping up more quickly than you can count in the U.S. As the summer festival season gets under way this week with the sprawling Coachella Valley Music and Arts Festival down in the desert in Indio, Calif., some of the most successful promoters in the scene are looking ahead to next year and beyond when they'll launch new ventures in untapped markets.

"I do think that there's really plenty of opportunities for people to create some great festival experiences," said Ashley Capps, a co-founder of the Bonnaroo Music & Arts Festival in Manchester, Tenn. "In fact, I think in many ways the audience in America is just now starting to fully embrace festival culture."



Wiz Khalifa was one of the headliners at SnowGlobe 2012 in South Lake Tahoe.

Photo/LTN file

After a disastrous run when festivals disappeared more quickly than the family farm in the late 1990s, a small group of concert promoters established beachheads – the four mega giants Coachella, Bonnaroo, Lollapalooza in Chicago and Austin City Limits Festival in Texas. Each of those has survived a decade or more and continues to gain in popularity.

In the last five years, several others have taken root like the Pitchfork Music Festival in Chicago, the Hangout Music Festival on the beach in Gulf Shores, Ala., Outside Lands Music & Arts Festival in San Francisco, Governors Ball Music Festival in New York, Mountain Oasis Electronic Music Festival (formerly Moog Fest) in Asheville, N.C., and Forecastle Festival in Louisville, Ky. Even more are being started by artists themselves – Metallica and Wilco among them.

That abundance comes with its own problem: As more festivals debut worldwide, the competition for top headliners becomes more intense.

As does the scrutiny. Put McCartney, Mumford & Sons and Tom Petty and The Heartbreakers at the top of your bill, like Bonnaroo, and you'll get few complaints.

Throw The Stone Roses up there, as Coachella did, and there's going to be some yammering, as festival producers found this year. Many fans asked, "Who?" when the British rock band appeared atop the festival's lineup and speculated the '90s holdovers might hurt attendance.

Yet the complaints had no effect on ticket sales. Coachella, which recently expanded to two weekends, sold out both. Lollapalooza, with headlining '80s band The Cure, sold out in a record four hours.

"There's always going to be complaints about every lineup. You have to look at tickets sales," said Charles Attal, whose C3

Presents produces Lollapalooza and the Austin City Limits Festival. "If they're selling out in an hour, it's the fan experience. I don't think it's about one band."

For Grace Potter, who plays in 10 or more festivals a year and recently started her own Grand Point North Festival in Vermont, festivals are about the experience of discovering new bands. But she acknowledges that there may be a burnout point.

"I think that it's absolutely (viable) for the next 10 years, but at a certain point, if we fractalize it too much, you're really diluting the water too much because people have to make choices of what they want to do," she said.

Capps, a longtime promoter based in Knoxville, Tenn., says he plans to open a couple more festivals in 2014. Attal also says his company is looking to expand where they find the right combination of site and willing partners. The proliferation is being fueled by a simple thing, Attal said.

"If you're going to pay \$200 or \$300 to see 130 bands, it just makes more sense to do that than to go see two bands in an amphitheater for \$100," he said. "It's just the economics and the experience you're getting for what you're paying for it. It's a no-brainer for the music fan."

And once indoctrinated, the enthusiastic festival-goer is likely to attend more than one per year. Capps says the pattern in the U.S. is beginning to resemble Europe, where there's a thriving culture and room for everyone.

"The thing that I always note is in Europe there are hundreds of festivals, hundreds," he said. " And in the (United Kingdom) alone, which is as we know a fairly small country, there are several hundred rock festivals of all different sizes, but quite a few large ones."

The guys in Metallica have been playing that European circuit since the mid-1980s, headlining with acts as diverse as Neil

Young, Phil Collins and Bjork. Guitarist Kirk Hammett said each country has its own landmark festival – Glastonbury Festival in England, Holland's Pinkpop Festival and Roskilde Festival in Denmark are among the largest.

"It's great because every country kind of puts their own cultural identity imprint on the festival," Hammett said. "You go to Pinkpop, you have stuff that's very unique to Dutch culture. That's a very cool thing. What I would like to see is a bunch of festivals thrown across the United States that were thematic in that way, too."

Metallica is leading the trend of new festivals curated by artists. The band founded Orion Music and More, which debuted in Atlantic City, N.J., last year and will pop up this year on Detroit's Belle Isle. The band started working on the idea in earnest after being invited to play Bonnaroo five years ago.

"We went to Bonnaroo not really knowing what to expect because most festivals in America at least up to that point that we'd been aware of were a little more regional and more niche," drummer Lars Ulrich said. "So when we went to Bonnaroo that was the first festival we'd experienced in the U.S. that had a European feel in terms of the variety. We saw it work at Bonnaroo and we thought maybe we could do that."

Nels Cline, guitarist for Wilco, says he's never attended a festival as a fan and occasionally finds himself wondering why fans would subject themselves to some of the conditions.

"I don't get camping on site," Cline said. "I played the High Sierra Festival a few years ago where I was jammed into a tent. They had the whole band sleep on the grass next to the jam hut where jam bands play till 6 in the morning. It was in the cruel and unusual category. And I'm pretty resilient."

Cline is pleased to report Wilco's Solid Sound Festival, housed at the Massachusetts Museum of Contemporary Art in North Adams, offers an experience that doesn't necessarily

require wilderness survival skills.

“It’s super chill,” Cline said. “There’s no gouging on water. There’s street parking. And you get to also look at some art while you’re there. It’s a cool scene and it’s not just in a big pasture or something. There are indoor venues, outdoor venues, big ones, little ones. It’s pretty civilized.”

Citizens should know their rights

By Ted Long

Session four of the citizens’ academy was to be about search and seizure laws and procedure, however the assistant district attorney who was scheduled to lead the class had to leave early and so what we heard was a brief description of basic rights and the role of the DA’s Office and the sheriff.

While the session was useful, it failed to fully look at this important area. I am sure that for many it was a welcome short session, ending in only about an hour, however for those of use who drove for over an hour each way, it was disappointing.



Ted Long

The most interesting aspect was the relationship between the right to counsel and others, known as the Miranda warning and the rights of the citizens regarding a search. The question was, it is one thing to have a right, it is another to know it. The Miranda warning lets a person know that they do have a right to silence etc., however at a request for a search, which may not be in your best interest, you are not told that you have a right to say "no."

The circumstances make it often sound like you must be guilty if you say no, when in fact to be free of warrantless searches and seizures is as basic to our Constitution as any right. So why would an honest, law abiding citizen say no? Well, because it's his right, a right that was created not to test your honor, but to ensure that those with power, that control the process, are held in check. Every day it seems we hear of some misuse of the police power, from the extremes of a Rodney King to a sex scandal. Those with the guns have incredible power and we as citizens need to occasionally challenge that to reveal the flaws in the system.

As we learned, it is relatively easy to get a warrant, a judge to sign off, so why not ensure that oversight? One thing that seems clear in this adventure is that everyone in law enforcement seems like a nice person, or at least in the circumstance of a controlled meeting with the public. This contradicts my real life experience of the same people in real life situations. In part their standoffish-ness is because of the unknown dangers, the traffic stop where the person has a gun, the domestic violence call that has a truly crazed person to deal with. I do understand, however, we can work toward a greater understanding of the fact that we are not all bad guys, a better system of discrimination toward the honest citizen.

In my recent ride along with Officer Mark I saw a good example. Mark waived to people and expressed to me that he knew certain folks as we passed their homes, a kind of "cop on

the beat” knowing his residence.

Many years ago police were required to live in the community they served, the reason, to know people, to be a part of the community. In resident life your kids play on the same fields, you shop at the same stores. This is no longer the case. Mark, for example, lives in Carson, and only really see’s South Lake Tahoe on patrol, or a burglary call.

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

Series of QuickBook classes to be offered

Lake Tahoe South Shore Chamber of Commerce is partnering with Connect Community Education at Lake Tahoe Community College to offer a certified QuickBooks workshop series.

This three-part series will be taught by nationally certified QuickBooks instructor Christa Peterson.

Beginning QuickBooks – Part One: Set Up – May 8, 2-5pm

In this workshop, participants will learn how to create and customize a chart of accounts, enter and pay bills, use a check register, apply payments, make deposits and reconcile bank statements.

Beginning QuickBooks – Part Two: Data Entry – May 15, 2-5pm

In this workshop, participants will learn how to fill out

sales forms, create memorized transactions, record customer payments and record deposits, enter and pay bills, write checks, use registers, transfer money between accounts, and reconcile bank accounts.

QuickBooks – Part Three: Putting it to Use – May 22, 2-5pm

This workshop advances beyond the standard reports provided by QuickBooks to teach participants how to modify such reports so they are more meaningful for businesses. Learn to export critical reports to Microsoft Excel for further modification and application. Participants will learn how to group memorized reports, making end of the month reporting much easier.

The courses will be at Lake Tahoe Community College in room D121, and are \$49 each or all three workshops for \$120. For more information, or to register for all three workshops, call (530) 541.4660, ext. 717, or email connect@ltcc.edu. Register for individual workshops online.

Book giveaway gets light readers reading

On April 23, 25,000 volunteers from Berkley to Boston and Sitka to Sarasota will give away a half million books in more than 6,000 towns and cities across the country – including South Lake Tahoe.

World Book Night U.S. is an ambitious campaign to give free, specially-printed books to light or non-readers across America. Volunteer book lovers will help promote reading by handing out free copies of a book to those without means or

access to a printed book.

Friends of the Library, South Lake Tahoe branch will be part of this effort.

The local chapter has chosen a few of the 32 WBN book titles to hand out.

Giveaway locations are not released ahead of time.

Dugard's mom retells nightmare to teach others

By Jessica Heffner, Springfield News-Sun

SPRINGFIELD, Ohio — A million things run through Terry Probyn's mind when she thinks about her daughter's kidnapping.

She wished she would have kissed her daughter goodbye that day. She wishes the police would have made the connection between Jaycee Dugard's disappearance and a similar case in South Lake Tahoe.

But mostly she wishes it didn't take 18 years for her daughter to finally come home.



Jacyee Lee
Dugard and her

mom, Terry
Probyn

"She suffered and I suffered right along with her, and for 18 hellish years, I begged and I pleaded, I cried, I ranted, I raved," Probyn said. "But the most important thing I did in all of this was I kept Jaycee in my heart."

Jaycee Lee Dugard was abducted in 1991 at the age of 11 while waiting for the school bus. She was held by Phillip and Nancy Garrido in a makeshift shed in their Antioch backyard, where she gave birth to two children conceived by rape.

Probyn shared her experience with a group of about 160 law enforcement and child advocacy officials Monday as part of a workshop for National Child Abuse Awareness and Prevention Month. The event was sponsored by the Clark County Child Advocacy Center at the Hollenbeck Bayley Creative Arts and Conference Center.

During Dugard's captivity, Garrido's home was visited by parole officers, and neighbors called the sheriff's office to report children were camping in the backyard. But it wasn't until the University of California, Berkeley, did a background check on Garrido and the campus special events coordinator reported her suspicions to his parole officer that Dugard was discovered. Many times, Probyn said, her daughter could have been found.

"We all have to ask ourselves, does this make sense? Does this feel right? What am I missing here," she said.

Probyn spoke through tears during much of her presentation. It's her heartfelt message that CAC Director Wendy Holt said she hopes will stick with people.

"There may be just small indicators as Terry pointed out that give you what you need in a case," she said. "If (we) see something, call children services, call law enforcement and

let them be the ones to decide.”

The event is one of several the CAC is putting on this month.

On Friday, everyone is asked to wear blue to raise awareness about all forms of child abuse and its prevention.

Craftsman turns distressed wood into art

Northern Nevadan Joe Donohue worked in the tech field until his retirement, when he switched gears and discovered a different passion: taking distressed pieces of wood and creating delicate works of art.

Those who are within driving distance of Reno may be interested to learn that this inspirational master craftsman shares his skill by teaching others the time-honored art of wood turning. His classes are on weekend days throughout the year.

Donohue is the only professional woodturner in Northern Nevada who imparts these skills to eager students on a regular basis.

Woodturning is a form of woodworking using lathes (machines that rotate the piece on its axis) to create various objects. Donohue teaches his classes at a facility occupied by the Nevada Woodchucks, where eight lathes are available for students.

Classes are once a month on weekend days from 8:30am-2:30pm and are tailored to meet each student's ability.

Donohue's next class is scheduled for April 28 and the class

in May is slated for Memorial Day weekend, on May 26. The fee is \$85 for a one-day session, and the fee for a private session is \$300. To register, or learn more about the classes, call (775) 387.0123.

‘Magical Mystery Show’ at Truckee High

A world-renown magic show is coming April 12 to Truckee High School theater.

Set to become an annual spring fundraiser, Custom Learning Academy is hosting the family-friendly “Magical Mystery Show”. Showcased on Fox’s “Master of Illusion” series, Carson Entertainment has performed across many of the world’s most famous stages. Combining music, magic, comedy, and much more, the show has larger than life grand illusions and hilarious antics.

The show starts at 7pm. Tickets are \$10 in advance (available at CLA in Tahoe Donner and online) and \$12 at the door. Additional details and tickets may be found online.

Truckee High School is located at 11725 Donner Pass Road in Truckee.

For more information, contact office@customlearning.org or call (530) 587.5470.