

Fundraiser at Ehrman Mansion raises money for Tahoe icon

Sierra State Parks Foundation and California State Parks announce a rare opportunity to experience behind the scenes at Pine Lodge, the Ehrman Mansion, at Sugar Pine Point State Park on Aug. 31 from 5 to 8pm.

Tickets are \$50 per person, with proceeds earmarked to provide critically needed funds for maintenance and repairs at Pine Lodge. Planned projects include an electrical system upgrade, lathe and plaster repair, window repairs and more.

Guests will be treated to after-hours tours starting between 5 and 5:30pm. These leisurely tours will visit areas not normally viewed by the public such as the Children's House and the mansion's third floor servants' quarters.

Following the tour, wine and hors d'oeuvres will be served on the front porch.

Space is limited and reservations are required – (530) 583.9911.

South Tahoe gardeners celebrate 50 years of playing in dirt

A group of 25 gardeners is not content with making their yards enjoyable. They have been spreading their love of playing in dirt throughout the South Shore.

On Aug. 14 the South Tahoe Garden Club will be sharing 50 years of gardening history with anyone who wants to listen. The free event is at the Tahoe Tallac Site from 10:30am-12:30pm. Walks will be given through the gardens, and stories of the lawns and gardens of the past will be told.



Gardening club members at the Tallac Site.
Photo/Provided

The group formed in the 1960s by a handful of women seeking a social activity with a purpose. They chose gardening. Ideas were shared, speakers brought in, and trips to nurseries and gardens near and far were typical doings. Many public programs have been presented to the basin in the past years and over time, the women (sometimes with help of husbands) landscaped Happy Homestead Cemetery, Barton Memorial Hospital, a small shade area at the county library and the garden planted next to the Baldwin Museum at the Tallac Site.

The Baldwin garden was difficult because of the multitude of rocks found. They have been used to create a dry creek bed. Colorful birdhouses are found at the garden, too. This keeps with the history of the site because Dextra Baldwin put a dry creek bed in her garden along with an abundance of birdhouses.

For the last 10 years, the club has maintained this garden and in 2011, planted trees in memory of members who have passed on.

New this year is the Gathering Garden installed by the Washoe people and the Green Team of the U.S. Forest Service helping with gardening.

The group sticks with 25 members and has five on the waiting list.

The Tallac Site is on Highway 89, past Camp Richardson if headed north. Turn right at the sign saying Tallac Historic Site.

Austen revered in historic British town she called home

By Kathryn Reed

BATH, England – “By a lady” – that is how many female authors used to receive credit for their literary works.

For Jane Austen, who died at the age of 41, much of her success came late in her life. And the worldwide recognition came years after she died in 1817.

Knowing I was going to be traveling to the part of the world where she once lived, I thought it time to revisit “Pride and Prejudice” – a book I had not read since I had to in school many years ago.



Jane Austen Centre in Bath, England, tells the story of this author's life.
Photo/Kathryn Reed

Mr. Darcy, Mr. Bingley and the whole Bennet family come to life in this 292-page classic. I had forgotten who was good, bad and what happens to Elizabeth and her sisters. It was so wonderful to reconnect with this cast of characters.

Reading this nearly 200 years after it was first published (the first printing was in January 1813) seemed surreal. The artistry of her words, the descriptions, her imagination – it reads like a time period novel, not a novel written in another time.

While “Pride and Prejudice” does not have a ton of references to Bath, five of her six novels do mention this historic British city.

Bath has turned a house down the street from where Austen and her family resided into a museum of sorts called the Jane Austen Centre. (Cost: 6 pounds.) So entranced with what they call their most famous resident, Bath puts on the Jane Austen Festival each September. She lived in the city from 1801-06.

Only one image of the author exists – a sketch her sister drew.

But plenty is known about this era and how Austen's work became published. A swing through the center is worthwhile for anyone who is slightly interested in Austen.

As for "Pride and Prejudice", well, it is a great classic where readers will learn about a time long ago in England, the ways men courted women, the oddities of inheritance and familial relationships.

It may be time for another Austen novel to be on the nightstand.

Ancient town of Bath matures into modern marvel

By Susan Wood

BATH, England – You have to hand it to the Romans – they knew how to immerse themselves in decadence early on.

More than 2,000 years ago, they discovered England's only natural hot springs west of London, dove into building a complex of bathing spots, as well as a temple to Sulis-Minerva and paved the way for three developers (Richard "Beau" Nash, Ralph Allen, John Wood) to build a chic, fun and historic city aptly known today as Bath. The mid-sized town may seem small, but is huge in culture, fashion and a celebratory blend of the old and modern-day British life.

It was the home of author Jane Austen, who has a center

created on Gay Street as a tribute to her time there. It is still home to some of the oldest Georgian architectural buildings in Great Britain – including the Bath Abbey, a medieval church built in 1499.



Roman Baths provide a look back at English history in the town of Bath.
Photos/Kathryn Reed

But the absolute must for any Bath visitor would be a tour of the Roman Baths located at the popular Abbey Courtyard, where musicians entertain passersby at any given hour. Exploring the ruins can take a tourist back in time, which started about 10,000 years ago when the water draining down the hill was considered sacred by the Romans. From the terrace of the Roman Baths, one will notice the statues of historic dignitaries such as Julius Caesar, a Roman emperor who also holds the notoriety of invading Britain twice. This story is told through an informative audio tour and displays. One exhibit features coins – some representing a month's salary for soldiers. Others date back to 133 BC.

The primary attraction to the Roman Baths is the historic main pool where upon closing one's eyes a visitor can imagine them bathing there steps away from an ancient concrete atrium kept intact as a world heritage site.

Old architecture is very much celebrated here. This is demonstrated by the shape of the Circus, a circle of 33 houses inspired by the look of the Roman Colosseum; and the Royal Crescent, another complex towering over the royal park named after Princess Victoria.

History aside, the benefits to visiting Bath have stood the test of time. It is owned by the National Trust (which would be like the National Park System in the U.S.) and even private enterprise has contributed to its unique flair. Quarry owner and stamp inventor Ralph Allen built a Greek palace to ensure a superior view of the beautiful city.

Visitors seeking their own superior views are assured that on the Bath sightseeing double-decker bus tours. The 40-minute, hop on-and-off rides that start at the scenic Pulteney Bridge offer 38 stops with an audio tour and run about every 10 minutes in the summer. One tour stays in the city. The other crests the skyline.

"We're finding increasingly that national and international visitors are showing more interest in Bath, not just for its natural beauty but also for its World Heritage Site status," Visit Bath spokeswoman Audra McSherry said.

Staying in Bath worth a weekend getaway or more

Bath is not one of those towns one would want to do in just an overnight stay. There's so much to do in the city and beyond by train or car no time frame will seem adequate to cover it all.

After all, a visitor will want to spend an entire day at the Thermae Bath Spa, the royal bath built in 2006 at the Abbey Courtyard next to the Roman Baths historic site. Thermae uses the natural hot springs in its multi-pool, multi-facility complex for the modern-day visitor to enjoy and soak like the Romans.

Also relaxing, though in a much different way, is the Marlborough House. The bed and breakfast is an elegant and enchanting Victorian house known for its made-to-order vegetarian, organic breakfasts and inviting atmosphere. The rooms are exquisitely decorated with lacey curtains and provide nice touches including a heated bath floor, ample toiletries, a push-button shower and a tub that makes it clear these people know how to bathe. A hostess tray of snacks and refrigerator are on hand, along with a bottle of sherry for a nightcap to unwind from the day. Rooms range from 80 pounds for singles to 145 for families.

The staff is led by owner Peter Moore, who took over the inn the same year Thermae opened. He has much support from his workers Sarah and Lily, who go out of their way to ensure a place to enjoy before and after a day out taking in the sites and multitude of eateries. (Highly recommended: Sarah's suggestion of the Lime Lounge for dinner with its discounts and outrageously tasty fish and chips is a must.)

When a guest wants to venture outside Bath, the award-winning Marlborough House presents an ideal launching pad to some of southern England's most picturesque countryside. These include the roads to Stonehenge, the sacred, ancient rock site outside of Amesbury that is one of the most recognizable attractions in the world.

Shuttles to the world heritage site are offered through Bath's local Scarper Tours starting at 9am. But for the ambitious who want to witness its spectacle at sunrise, a 10-minute walk from the Marlborough House is the town's Hertz rental car station. Stonehenge isn't open at sunrise, but the formation can be seen from the road. It is a memorable experience no matter the time of day.

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Retailers do well during back-to-school time

By August, summertime will be winding down and vacations will be coming to an end, signaling that back-to-school time is near. It's a time that many children eagerly anticipate – catching up with old friends and making new ones, and settling into a new daily routine.

The amount of money spent at family clothing stores in August 2011 was \$7.7 billion. Only in November and December were sales higher. Similarly, sales at bookstores in August 2011 totaled \$2.4 billion, the strongest sales month of the year, according to the U.S. Census Bureau.

For back-to-school shopping, choices of retail establishments abound: In 2009, there were 28,520 family clothing stores, 7,092 children and infants clothing stores, 26,651 shoe stores, 8,945 office supply and stationery stores, 21,628 sporting goods stores, 9,390 bookstores and 8,663 department stores.

The number of children and adults enrolled in school throughout the country in October 2010 – from nursery school to college. – was 79 million. They comprised 27 percent of the entire population age 3 and older.

Seventy-two percent of children 3 to 6 enrolled in kindergarten who attended all day, as of October 2010.

Bona Fide proves people still want to read good books

By Kathryn Reed

STATELINE – Instead of finding people who wanted to trade blood pressure for salmon, Kim Wyatt found people who wanted to tell their stories.

“I believe in the power of stories changing lives,” Wyatt said.



That belief led her from a career in nursing to a life as a writer and editor, and now to being a book publisher. With her latest endeavor, she is able to tell even more stories.

As sole owner of Bona Fide Books in Meyers, this book publisher is putting into print the stories of locals and those living beyond the Lake Tahoe Basin.

On Aug. 8 she told a bit of her own story to Soroptimist International South Lake Tahoe. (For those who missed her talk at Harrah's Lake Tahoe, she will be at the Soroptimist International Tahoe Sierra meeting Aug. 23 at 7:30am, South Lake Tahoe Senior Center.)

Wyatt told the group her love of literature and desire to promote community helped lead her to start Bona Fide.

Art vs. commerce was the subject of conversations she had with friends and colleagues prior to launching Bona Fide in 2009. It's a topic creative types struggle with – rewarding work is not always the most profitable. At that time she decided to pursue her dreams even if the paychecks became less secure.

While her books are popular, the profit margin for publishers can be slim. Amazon takes 55 percent of the cut. Bookstores are few and far between, which means finding other retailers who will sell her wares.

"Permanent Vacation" came out last year. It's all about people who have lived and worked in national parks in the West.

"I did an anthology because I didn't want to screw up anyone's career," Wyatt said.

"Tahoe Blues" is another collection of stories, but this time they are not all non-fiction. Sixty essays fill the book – all about Tahoe. Life in Tahoe is such a popular topic that she got a call this month from someone inquiring about purchasing 350 copies for people attending an event. This reflects another unconventional way to get her books into people's hands.

Bona Fide also has a poetry contest each year in honor of Wyatt's friend and Lake Tahoe poet Melissa Lanitis Gregory who died in February 2009 at the age of 47. (Submissions for the third book will be accepted through Aug. 31.)

The goal is to publish three to five books a year. In the works is one about the Tahoe Rim Trail; with proceeds going to the association that oversees the 165-mile trail around Lake Tahoe. (Submissions are open until Dec. 1 for this collection.)

But it's not just about Wyatt and her books. Bona Fide HQ is the place for artist receptions, workshops and other events. It is where kids can read to dogs through the Buddy Program.

And it's where college interns launch their careers.

In five years, Wyatt plans to have the Tahoe Center for Writers, which in part will be a national residency program, launched.

More information about Bona Fide Books may be found online.

S. Tahoe has library books to download

A little more than one year ago the El Dorado County library added a digital library service to its collection. With this service library patrons have access to thousands of books that are available for download 24/7.

In the past year El Dorado County patrons have downloaded more than 8,600 books using this service.

To check out eBooks or downloadable audiobooks users need a valid library card, a compatible digital device, and an Internet connection.

A complete list of compatible devices can be accessed online. Books expire automatically. There are no late fees.

For more information or assistance, visit the South Lake Tahoe branch of the El Dorado County Library at 1000 Rufus Allen Blvd. or call (530) 573.3185.

High-tech sandbox teaches all ages about Lake Tahoe

By Katherine E. Hill

INCLINE VILLAGE – What do you get when you mix a sandbox, 3D imaging and a Wii Kinect? A cutting-edge exhibit designed to teach kids, and adults, about hydrology and topography.

The Augmented Reality Sandbox uses 3D technology to teach kids of all ages about science, and in this case, the movement of water as the landscape changes that will be part of the exhibits at the Thomas J. Long Foundation Environmental Research Center in Incline Village. The sandbox will be added to the center by next summer, but a prototype is likely to be on site during the Children's Environmental Science Day on Aug. 11.



A sandbox of information for children to play in on Aug. 11 in Incline Village. Photo/TERC

Imagine that you build mountains and rivers in a sandbox with a Wii Kinect mounted above the box projecting topographic features onto the sand in real time. You dig a large lake in the box, and the computer puts an image of a lake in the sand. And, when you've built mountains, meadows and streams, you can make it rain (virtually, of course) and see how water flows.

Playing in the sand will never look the same again.

The sandbox is one of several projects that the Tahoe Environmental Research Center is developing to add to its education component – an app is in the works, as well as several other exhibits using augmented reality technologies.

Augmented reality is a live view of a physical, real-world environment (such as an image viewed through a cell phone or other device) that is augmented by audio, video, graphics or GPS data.

"It's exciting that Tahoe is one of the places that will get these exhibits right off the bat," Heather Segale, TERC education and outreach director, told *Lake Tahoe News*.

The app, which uses a location-based augmented reality, uses GPS coordinates to display points of interest based on the user's location. Sitting in Segale's office on the campus of Sierra Nevada College, she demonstrated a prototype of the app using her phone. She pointed the phone at the lake (through a wall for this demo) and the app located Lake Tahoe, based on GPS coordinates, and then offered points of interest from environmental improvement projects around the lake to the Tahoe City Marina to earthquake faults to local beaches. TERC envisions a component that could be used by visitors, or for learning about wetlands and topography, to sailors being able to access weather conditions on different parts of the lake. TERC is still working on a way for the app to designate elevation differences.

TERC also is looking to incorporate what it calls tabletop

prototypes into the Incline Village center. The tabletop prototypes are activity-based exhibits in areas from the movement of water to stewardship of fresh water lakes like Lake Tahoe and ecology, among others.

The projects are being funded through a National Science Foundation grant and is a joint venture with the Lawrence Hall of Science for the tabletop exhibits and the U.C. Davis KeckCAVES for the 3D visualizations. When complete, the technologies also will be made available to other education centers.

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Children's Environmental Science Day

Children are invited to spend the day with scientists, and see the Augmented Reality Sandbox up close, on Aug. 11 from 1 to 4pm learning about the ecology, function, restoration and preservation of Lake Tahoe. And, free ice cream will be provided from 2 to 4pm.

The 13th annual Children's Environmental Science Day is a free event sponsored by TERC with more than 40 interactive science activities for children ages 6 and older. The day will include interactive science demonstrations by UC Davis scientists, local agency and nonprofit organization staff, and AmeriCorps members. Hands-on activities are designed for the whole family.

About the center

The Thomas J. Long Foundation Education Center is a resource for children and anyone interested in learning more about Lake Tahoe.

The center features three unique stations offering different perspectives on the lake. The first is the Virtual Research Vessel with a two-thirds model of the research vessel John

LeConte, which features some of the research tools including a Secchi disc, a net used to collect Zooplankton and a Van Dorn sampler used to captured water from 1,600 feet.

The second station is a Virtual Laboratory with informative videos and beakers with Mysis shrimp, an invasive species, Zooplankton and other experiments.

The 3-D Visualization Lab, the third station, offers three 3-D movies including the Global Earthquake View, "Lake Tahoe in Depth," which lets viewers dive under the surface of Lake Tahoe to see fault lines, the footprint of glaciers and underwater landslides, and the newest film, "Mapping Change," on the changing face of our forests.

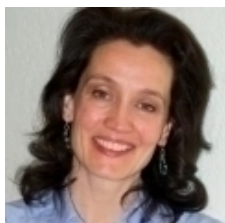
Staying healthy means incorporating exercise into busy lives

By Mandy Kendall

I went for my first bike ride of the summer last weekend and the next day it was pretty obvious that I had done too much, too soon. Everything hurt, not just the area of my body that was supposed to be protected by those "oh so attractive" padded cycling shorts that make you feel like you're wearing adult diapers.

It is times like these that I have to admit that I'm not getting any younger and I should be kinder to my body. Let's face it, there is nothing new about the fact that exercise is good for us, and just generally makes us feel better. However,

new research has shown that exercise lessens our chance of Alzheimer's disease, reduces our risk of stroke and increases brain function. So, to all of us who are perhaps not quite as invincible as we'd like to think we are, here are a few *Qwik-e* tips on how to stay active for longer, and enjoy it.



Mandy
Kendall

Gently does it – Stressing cold muscles increases risk of damaging them. Anything you can do to gently warm up the muscles before you put any load on them will help prevent soreness and potential injury. Walking before you start jogging, gentle stretches before you garden and practice strokes before you start that game of tennis or golf will all go toward protecting our most precious asset, our bodies. I know we've all heard this before, but be honest now, how many of us really do it?

Knowing squat – The squat is reputed to be the best exercise in maintaining lower back and leg strength. Once you have the technique right (it's just like the action of sitting down in a chair, except without the chair) it can be done anywhere and works all the major lower body muscles. It's best to have someone watch you when you do your first few (ideally a professional trainer) to make sure you're doing it correctly. The next best option would be to watch an online video tutorial. I like this one.

Target the core – Again, this is an area that is often referred to when people talk about exercise. What is it really all about? Your core, as the name suggests, is the center

around which the rest of your body revolves. Your core muscles support your spine and protect it from the stresses inflicted on it from other parts of your body. An unstable or weak core leaves the rest of your body vulnerable to injury. The best core strengthening exercises involve any position that requires the body to stabilize itself. A good example is an exercise called the plank. Whilst strengthening your shoulders and biceps, the plank also exercises your core muscles as they work to keep your body suspended in a straight line. Simply get into a push up position with your arms, and back, straight and hold it for 30 seconds (don't forget to breathe). If that's a bit tough on your arms to start then rest on your elbows instead of your hands.

Play flamingo – Not only does standing on one leg strengthen our core muscles it also gives our brain a good workout too as it takes a lot of brain activity to keep us from falling over. Just 20 to 30 seconds a few times a day is enough. Just remember to switch legs. When you can balance comfortably without wobbling, try closing your eyes.

Listen to your body – As tempting as it is to work off a muscle or joint twinge it is wise to back off from training that area until the discomfort is gone. Minor muscle or soft tissue damage should noticeably improve over two or three days. If it's taking longer than that consult a healthcare professional who specializes in soft tissue treatment.

Stretch it out – Muscles get shorter when we use them and don't automatically re-lengthen when we stop using them. If a muscle is left to cool down in its shorten state, it is prone to injury (a bit like silly putty which breaks apart easily when it's cold but stretches very easily when it's warm). While muscles are still warm (no more than 10-15 minutes after you stop exercising) gently stretch them back to their proper length and they will be ready to go the next time you need them.

Feed your muscles – At any age, but especially as we get older, our muscles need feeding after we've given them a workout. A protein drink after your training is a good way of helping muscles recoup and rebuild, ready for the next session.

Give yourself a break – Nobody says you have to exercise every day. A day off every week, especially if you're feeling fatigued, will reap rewards in the long term. Life is a long race, you should take it easy every now and then.

Important note – As with any exercise please consult your doctor or a professional physical trainer before attempting any new program.

I am away for the next two weeks so look forward to reconnecting with you when I get back.

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.

South Shore broadcasters to become hall of famers

Three of Lake Tahoe's well-known radio voices are being

inducted into the Nevada Broadcasters Hall of Fame on Aug. 18 in Las Vegas.

Bill Kingman, Curtis Fong and Ed Crook have 115 years of experience between the three of them.

They will be recognized locally on Aug. 10 at an open house at KTHO's offices in Heavenly Village from 4-7pm.



Bill Kingman

Kingman started his broadcasting career in 1959 while in high school. Two years later he was working for KOWL, which was broadcast from Harrah's Lake Tahoe.

He has been a disc jockey and chief engineer at every Lake Tahoe station, plus freelancing at Reno and Carson City stations. In the 1980s, Kingman was part owner of KOWL.

When an extortionist planted a bomb at Harveys hotel-casino in Stateline in August 1980, KRLT's transmitter atop Harveys was silenced when the building was evacuated. KOWL's studios inside Harrah's also had to be vacated. Hours before the bomb exploded, Kingman wired KRLT's studios to KOWL's transmitter. The staffs broadcast coverage together.

Kingman has long been the voice of the South Shore – from delivering community news to breaking news.

He tried to retire in 2001, but he took on a "one-weekend project" to restore defunct KTHO from silence so the community would have a choice. He stayed 10 years.

Kingman announces the annual July 4 fireworks show and still records public service announcements for the community on his home laptop and imports them via the Internet.



Curtis Fong

Fong, best known as the Guy From Tahoe, has been keeping skiers and snowboarders informed with his winter daily mountain report first on KRLT and now KTHO, and online via *Lake Tahoe News*.

He provided live reports from the 2002 Salt Lake Winter Olympic Games and was the weekend announcer on KRLT from 2000-06.

Fong started in radio as an account executive for KSFM-102 in Sacramento from 1978-1979. He has worked for KMTN-TV and RSN Lake Tahoe.



Ed Crook

Crook's broadcast experience spans more than 50 years, having started in 1951 when as a student at John Muir Junior College in Pasadena he hosted a weekly show on KWKW.

From 1960-73, he worked in the aerospace industry during the day and as a disc jockey in the evenings and weekends at KWOW-AM, KGRB-AM, KBOB-FM, and KDWC-FM.

Crook moved to Lake Tahoe to build and put KRLT-FM on the air. In 1979, he became general manager of KPTL-AM and KKBC-FM in Carson City-Reno.

In 2001, Crook was asked to help restore KTHO-AM back on the air after being silent for almost a year due to a failed buyer. He was interim general manager until the owner sold the station in 2009.

Crook is now the director of operations for KTHO.