

Plein air event in Alpine County

The second annual Markleeville Plein Air event is June 19-23.

Exhibition and sale is June 23-July 31.

Watch the artists paint vistas in Alpine County from sunrise.

On Saturday morning, all the artists will be painting in the Markleeville. Reception starts at noon.



High Meadow by Bonita Paulis

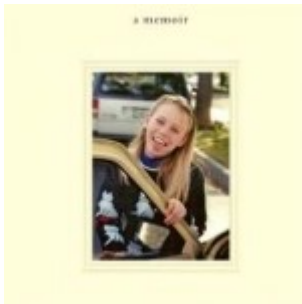
Dugard updates memoir for summer release of paperback

By Los Angeles Times

Nearly three years after Jaycee Dugard was rescued from the ramshackle compound where she gave birth to two daughters while being held captive, she is still learning how to be a

free woman.

"My growth has not happened overnight, and every day brings new challenges and choices that I have to make," she writes in a new afterword to her 2011 memoir, "A Stolen Life," which comes out in paperback July 3. "Living out in the world has its share of problems, and I am learning what works and what doesn't."



Now 32, Dugard was kidnapped in 1981. The gap-toothed 11-year-old had said goodbye to her stepfather and was headed off to catch her morning school bus in South Lake Tahoe when she was abducted by Phillip and Nancy Garrido.

For the next 18 years, the couple kept Dugard in a series of tents and soundproof sheds in their Antioch backyard. Phillip impregnated her twice during years of methamphetamine-fueled rape. Nancy helped deliver Dugard's daughters.

The Garridos pleaded guilty to rape and kidnap charges 14 months ago; he will spend the rest of his life in prison, while she could be up for parole in 30 years.

"A Stolen Life" became an immediate bestseller last July. In the original version, Dugard wrote about missing her mother and raising her children. She spared no detail of her ordeal and chronicled the growth she had undergone during her first months of freedom.

In the short section produced for the paperback version, Dugard acknowledged that she felt like that kidnapped 11-year-old when she worked on the memoir. But "as I write this addition for the book, I feel a whole heck of a lot older. I have truly started to take back my life and live in the sunshine."

She is still learning to feel comfortable with everyday

activities, she says, like eating out: “When I go to a restaurant as much as possible I sit with my back to the patrons so they can’t see my face,” she writes. “Why? Is this old behavior or new? I think it is a combination. What am I afraid of? If asked then, I would say, of being seen. If asked now, I would say of being seen.

“What has changed?” she continues. “Yes, I’m free, but to truly be free, I must fully accept who I am and what I have been through. Not just for me, but for my kids.... I feel that in order for my children to move forward with their lives they have to see that I am moving forward with mine.”

3-hour class for poets and other writers

Tangled Roots Writing in Truckee is putting on a class called Poetry: Play with Language.

You don’t need to be a poet or understand poetry to take this workshop – you will improve your writing in any genre.

The class is June 21 from 5-8pm.

Cost is \$35.

For more information, call Karen Terrey at (530) 386.3901 or email tangledrootswriting@gmail.com.

'60 Minutes' delving into medical marijuana issue

By Brittany Anas, Daily Camera

Boulder County District Attorney Stan Garnett dished his views on Colorado's medical marijuana laws to CBS's "60 Minutes" on Monday after the television newsmagazine sent a crew to town to interview the prosecutor for an upcoming segment.

"My emphasis is always public safety," Garnett said in an interview prior to Monday's taping. "I don't see the public safety benefit in prosecuting law-abiding dispensaries or making low-level marijuana cases much of a priority."

Garnett – who was interviewed by "60 Minutes" correspondent Steve Kroft in a Boulder courtroom – said he is under the impression the segment will be about the business of medical marijuana in Colorado, and that it also will include interviews with dispensary owners. He said he expects the segment to air in the fall.

Kevin Tedesco, a publicist for "60 Minutes," declined to comment on the piece.

"We don't discuss stories we're working on," he said.

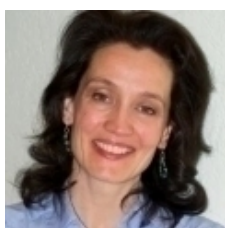
Read the whole story

Proactive tips for cancer prevention

By Mandy Kendall

It is an unfortunate fact of life these days that it is likely you at least, know someone who has been affected by cancer in some way.

When cancer affected my family recently I spent time researching the current thoughts on treatments, but equally important, preventative measures for cancer.



Mandy
Kendall

I found pretty much everything you can imagine, from the wild to the whacky, but many overriding themes appeared time and time again and are based on basic, common sense, health advice that is well worth repeating.

During my research I found an article written by doctor Joseph Mercola that encompassed most of what the rest of the health and wellness community is recommending. (Whether you agree or disagree with his marketing, his articles are founded and based on fact and science). I usually like to try highlight one aspect of another author's work in my Qwik-e tip pieces, but Mercola's article outlines everything I would have wanted to say so I decided to post a summary of the article over the next two weeks.

Mercola on his website says, "It's important to realize that cancer is for the most part a man-made disease, primarily influenced by lifestyle and toxic environmental exposures. Prevention truly is worth a pound of cure when it comes to cancer, and the following healthy lifestyle strategies can help you avoid ever becoming a cancer statistic."

His tips are:

1. Avoid sugar and fructose. This is largely due to its relation to insulin resistance. As a standard recommendation, I strongly advise keeping your total fructose consumption below 25 grams per day, including fruits.

2. Optimize vitamin D. Researchers within this field have estimated that about 30 percent of cancer deaths – which amounts to 2 million worldwide and 200,000 in the United States – could be prevented each year simply by optimizing the vitamin D levels in the general population

3. Get plenty of natural vitamin A. Your best sources are organic egg yolks, raw butter, raw whole milk, and beef or chicken liver. However, beware of supplementing as there's some evidence that excessive vitamin A can negate the benefits of vitamin D.

4. Exercise regularly. One of the primary ways exercise lowers your risk for cancer is by reducing elevated insulin levels, which creates a low sugar environment that discourages the growth and spread of cancer cells. Most important of all is to make sure you include high-intensity, burst-type exercise.

5. Normalize your ratio of omega-3 to omega-6 fats. Do this by taking a high-quality krill oil or fish oil and reducing your intake of most processed vegetable oils.

Until next time.

Mandy Kendall operates Health Connective in South Lake Tahoe. If you have any questions, would like some advice, or would like to request some Qwik-e tips on any health and wellbeing topic, please feel free to drop me an email at healthconnective@gmail.com, visit us on Facebook, 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.

Fair highlights what makes El Dorado County special

By Kathryn Reed

PLACERVILLE – *“Look at me as if I’m the judge.”*

“You have to look like you want to win.”

“A big point will be how hot it will be. We need to bring squirt bottles.”

All of these words of wisdom are from Marcia Deane, swine project leader.



Do they know what's next

after they are judged at the
El Dorado County Fair?
Photos/Kathryn Reed

Before the El Dorado County Fair opened she and her charges were practicing Wednesday for today's judging. It's all about the 4-H kids today, whereas on Thursday the pigs were being judged for their meat.

Deane was trying to instill confidence in these youngsters who range in age from 9 to 19. For most, this fair is the first time they've been in an arena with one of their animals under the scrutiny of professional judges.

The swine weigh between 215 and 280 pounds. One of the girls leading around a pig looked like she weighed about 70 pounds.

A sneak preview Wednesday night of this annual event in Placerville showed a different side of the fair than what people will see for the next three days. (The fair is June 14-17.)

Vendors are putting up their displays in the exhibit halls. Boxes full of stuffed animals are being unloaded as rewards in the games of chance. Lights from the midway are twinkling, but the carnival sounds are not on.

But what can't be turned off is the baying of goats, the oinks of pigs and moos of cows.

It wouldn't be a county fair without the farm animals. While Tahoe doesn't have much in the way of farming anymore, cattle rustling and cowboys are a strong part of the basin's history.

On the other side of the county farm life is thriving. What's going on is not a throwback to a different era, but instead is a way of life for people on the West Slope.

Shanley Bruscino, 12, is feeding alfalfa to her myriad goats.

This makes their milk taste better than if they were to eat grass.

Her mom, Tammy, explains how they raise a variety of goats on their 10 acres in Shingle Springs.

"The goats are not grazers, they are browsers. They don't like grasses," Tammy Bruscino said.

All have registered papers, and are tattooed or microchipped to comply with judging regulations.

"It's just like a dog show. It's very intense," Bruscino said.

This year's theme is The Grapest Show on Earth. A number of wine events are part of the festivities.

"The theme is always to share something special about El Dorado County," county Supervisor Norma Santiago says while she sits with *Lake Tahoe News* on preview night. This year it's the county's 53 wineries that are being highlighted.

Tom Davis, South Lake Tahoe city councilman and fair board director, is also at the table. He brings a trailer down each year and sleeps nearby the carnies for the four-day event.

One of Davis' favorite events is the wheelbarrow race. (June 17, 5pm) This is the 68th year for the John M. Studebaker Wheelbarrow Race. After all, Studebaker started in Placerville manufacturing wheelbarrows.

All ages can compete, but it takes some strength to put the wheelbarrow over logs, with what could be 50 pounds of sand, then through neck-high water, in mud – oh, and it's supposed to be 94 degrees in Placerville on Sunday.

It's also a spectator sport, so to speak.

"It's brutal," Davis said of the course.

Notes:

- El Dorado Transit is offering free shuttle service for the El Dorado County Fair from 11:30am to midnight today, 9:30am to midnight Saturday and 11:30am to 10:30pm Sunday. For detailed information, go online or call (530) 642.5383.
- More information is on the fair's website.

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Free music at Valhalla includes STHS band

The year's first Music on the Lawn is a special one.

South Tahoe High School will open the celebration with a 20-piece band. Classics from the '40s swing era along with a few newer pieces that everyone will know will be featured June 17 from noon-2pm at Valhalla

Food and beverages will be available for purchase.

The music is free, though donations will benefit the South Tahoe High School music department and Tahoe Tallac

Association.

Following the STHS Band, Exceeding 55 will perform. All long-time Tahoe locals, Exceeding 55 features acoustic guitar, bass, and drums. Specializing in a blend of three-part harmony, the band creates a unique take on a variety of songs from the 1960s forward, with an occasional original for fun.

For more information, call (530) 541.4975.

3 fundraisers at Vikingsholm raise money for historic castle

The Sierra State Parks Foundation and California State Parks announces three rare opportunities to drive to the Vikingsholm Castle in Emerald Bay for an enchanted evening on June 21, July 19 and Aug. 15.

Tickets are \$50 per person with proceeds earmarked to provide critically needed funds for the maintenance and repair of the Vikingsholm. Seating is limited to 30 guests and advanced reservations are required by calling (530) 583.9911.

Guests will meet at the visitor center at D.L. Bliss State Park at 4:45pm and then be escorted to Vikingsholm, via carpool, for the two-hour event.

“Conversations with History” will feature a behind-the-scenes tour of the incomparable Vikingsholm. Guests will be treated to viewing areas of the house that are not on the public daily tours. Following the tour, guests will meet in the courtyard where wine and hors d’oeuvres will be served.

Helen Smith will host an informal conversation about her experiences spending 14 summers at Vikingsholm as the guest of Lora Knight, the original owner of Vikingsholm. Smith will present a signed copy of her book, "Vikingsholm", to every guest to top off the experience.

Matthew Christenson — 1981-2012

A memorial service for Matthew Christenson, 30, who was killed in a construction accident on June 7, 2012, in Bolton, Vt., are June 13 at Grace Congregational Church of Rutland.

He was born in Fairfield, Conn., on July 5, 1981; Matt graduated from Rutland High School and earned a bachelor's degree from the University of Vermont.

A lover of all aspects of the outdoors, Matt was a lifelong skier and started his accomplished racing career at Pico Mountain. He went on to coach for several years, most recently with the well-esteemed program at Squaw Valley, where he lived after college.

In addition, Matt was also an avid sailor and competed in several prestigious regattas up and down the eastern seaboard. When not skiing or sailing, Matt ran his own tree service, land clearing and construction business.

Matt is survived by his father, Brian Christenson of Burlington; mother Deborah (Kurtz) Weaver and her husband Howard Weaver of Shrewsbury; brother William Christenson and his wife Jean of New York City; brother Peter Christenson of Killington; and maternal grandmother, Virginia Kurtz of

Woodstock.

In lieu of flowers, donations may be made in honor of Matthew Christenson to the Pico Ski Education Foundation.

– *Vermont Standard*

Neil Young & Crazy Horse to rock Lake Tahoe

Harveys Lake Tahoe and Another Planet Entertainment are are bringing rock 'n' roll legends Neil Young & Crazy Horse to the Outdoor Arena at Harveys on Aug. 9 at 8pm.

Crazy Horse is considered by many to be Neil Young's best band, especially live in concert. They have not toured together since 2004. The band just released

"Americana", their first new CD in nine years.

Neil Young & Crazy Horse are performing only four shows in August before their scheduled North American tour begins in Canada in October. Young along with longtime Crazy Horse members Frank "Poncho" Sampedro, Ralph Molina and Billy Talbot comprise the band.

Tickets for Neil Young & Crazy Horse go on-sale June 22 at 10am through all Ticketmaster locations.

Tickets are \$59.50, \$89.50, \$125.50 and \$150.50 plus applicable service charges.