

2 nights of learning and creating art in Truckee

Women, Art and the Creative Process is a two-part series celebrating the creative spirit in Truckee on April 22 and April 24.

The two-evening series features the Tahoe-Truckee premier showing of the “Evelyn” panel discussion and art project.

Evelyn Brenner, 94, creates colorful, inspirational art by combining fabrics, paint, clay, buttons, beads and pearls.



Truckee resident Elissa Slanger, an artist in her own right, produced a 30-minute film, “Evelyn,” that will be featured at the event.

Slanger has also assembled artists to speak about their work. Hear from Brooke Bishop, Nancy Tieken Lopez and Eva Nichols who will speak about medium and palette choices, creativity and art.

Acclaimed muralist Susie Alexander will facilitate an upbeat and playful evening. Each participant will dive into texture, colors and diverse shapes to embellish and personalize a pre-cut one-dimensional hat and explore female archetypes.

The Sunday event is 7-9pm and Tuesday is 6-8pm. Both are at Cedar House Sport Hotel, 10918 Brockway Road, Truckee.

For more information and tickets, email nicolecheslock.com.

Kinkade paintings selling briskly after artist's death

By Maura Judkis, Washington Post

Thomas Kinkade's paintings of bucolic landscapes and light-filled cottages have been scooped up by collectors nationwide ever since the artist's death more than a week ago. Kinkade galleries across the country report a surge in sales of originals and limited-edition reproductions as fans mourn the "Painter of Light's" death.

But if you're among the ranks of would-be Kinkade collectors looking for a piece of his art, there are a few things you should know about the market for his works.

Know the difference between originals and reproductions. Kinkade, who was from Placerville, painted original works, but many of the paintings you see in galleries and his online stores are factory-made reproductions that the artist has never touched. Though other artists have employed similar practices – Andy Warhol and Jeff Koons, for example – Kinkade was the subject of criticism for the prices he could command for these duplicate works. According to the Religion News Service, the Kinkade factory would produce more than 500 works a day.

Some of the reproductions get a touch-up from a "Master highlighter," an artist who enhances the light by hand. Though these highlights were done "under the supervision of the artist," they were not done by Kinkade himself.

Original Kinkade works sell in the tens to hundreds of thousands, but they're rare. Even though they can also command

prices in the thousands, most Kinkade works you encounter are reproductions.

Read the whole story

Genoa – a town with modern amenities, steeped in history

By Kathryn Reed

GENOA – No need to drive after checking in. Delicious food. Fun bar. Relaxing balcony and hot tub. History everywhere. Scenery spectacular.

Where did we find this walkable, bikeable community? Just over the hill in Genoa.

The Wild Rose Inn was our launching pad last weekend to celebrate Sue's birthday. It was like we were in another world, even though we were so close to home.



The Wild Rose Inn in Genoa caters to those who want

relaxation, good food and
fun right out the door.
Photos/Kathryn Reed

Having breakfast made for us each morning was a definite change. Sue Knight has been running the Wild Rose since 1998, though it has been open since 1989. I hope who ever buys it from her keeps it just the way it is with all the antiques, comfortable rooms, incredible guest service and yummy food.

Our first breakfast we share the table with a couple from the Santa Cruz area.

Each morning a bowl of fruit starts the meal. Coffee has been brewed earlier to get people moving. If it weren't for the aromas wafting to our room, it would have been difficult to leave the tranquility.

My favorite was the eggs Benedict – vegetarian style. Ham is served on the side to Sue's liking.

Plenty of food is served that lunch is not needed.

From our balcony off the Sierra View room we look up to the Sierra. Immediately below us is the expansive yard where a variety of trees are beginning to bud and a fenced area for Knight to grow veggies is off to the side.

With Genoa being the oldest town in Nevada, history is everywhere. It's even on the grounds of Wild Rose. Elzy Knott's headstone from 1859 is there. His father refused to have his son be buried in the Mormon cemetery. This used to be the Knott's homestead.

While Genoa boasts of being the Silver State's first settlement, Dayton begs to differ. In Genoa's Mormon Station State Historic Park are eight panels about the history of the area. One delves into the dispute about which town is the oldest.

A large sculpture of Snowshoe Thompson is at the entrance of the park. He is the legendary Norwegian who traversed across the Sierra carrying the mail as he glided on the snow on long skis.

Even the bar in town is historical. The Genoa Bar is the state's oldest watering hole. Willy Webb has owned it for the past 12 years.

The stories he tells.

A few years back the power went out on New Year's Eve, snow was trucked down from Kingsbury Grade to ice the beer, the old oil lamp chandeliers illuminated the joint along with candles, and the town came together. Every Dec. 31 since then they've re-created the scene to turn back the clock a bit to the pre-electric era.

A buffalo chip from Harvey Gross' place finally wound up in the trash after critters keep crawling from it and covering the liquor bottles.

Raquel Welch's dust covered bra hangs in front of her picture. Bras used to hang everywhere. Now they are in a safe. The rule is if you take a look inside, you have to leave something behind. Because I didn't know the rule until after Webb told me to look inside he let me slide this one time.

The only signed photograph of the original Nevada Supreme Court justices is on a wall in this bar.

Plenty of famous people have had a drink in this saloon – Presidents Ulysses S Grant and Teddy Roosevelt, Carol Lombard, Clark Gable, Lauren Bacall, Red Skelton, Willie Nelson, John Denver, and Johnny Cash to name a few.

Our first dinner is also in a house of history.

We drove there, though we didn't need to. It's hard to believe with La Ferme being around since 1998 neither of us had been

there before. The restaurant run by Gilles LaGourge is in the 98-year-old guesthouse of the original Pink House that was built in 1884.

Though the structure is old, the food is much more contemporary. Sue keeps talking about the seven-hour pork shoulder that was so tender no knife was needed. My ravioli was delicious, with a light broth-like sauce instead of a traditional marinara or white sauce.

Another night we ate at the Genoa Station Bar and Grille, which opened last summer. Sue dives into the shepherd's pie, while I enjoy the grilled salad.

The late morning activity on Saturday and Sunday is cycling. The first day we go about 13 miles toward Jack's Valley. Cows and deer seem to be everywhere. A jackrabbit hops in the brush.

Having a lane to ride in is refreshing. Vehicles pull out so they never seem to be a threat. This part of the road is rough, though.

The next day we head toward Foothill Road for a 20-mile ride as we gradually get our cycling legs working after the winter hiatus. Ah, a smooth road with no cracks. More cows. More mountains to gaze up at.

Genoa might just be my new favorite place when I need to get out of Tahoe for a weekend.

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Information:

- Wild Rose Inn: website, (775) 782.5697
- La Ferme: website, (775) 783.1004
- Genoa Bar: website

- Genoa Station Bar and Grille: (775) 783.1599.

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Truckee Tahoe Chorus celebrating 10 years of music

The Truckee Tahoe Community Chorus is celebrating its 10th year with two concerts.

The first is April 21 at 7pm and the second is April 22 at 2pm. Both are at the Resort at Squaw Creek.

Tickets are \$15 for adults. Children are free.

The program will include highlights of past concerts and includes a wide variety of styles: Broadway, light opera, pop, gospel, classical, and contemporary music.

The Diablo Valley Philharmonic Orchestra will accompany the chorus.

Placer County library

checking out new ways to balance books

By Gus Thomson, Auburn Journal

More self-check-out machines, greater reliance on volunteers and a closer look at potential grants are some of the ways Placer County library is attempting to trim an expected deficit in the coming year.

The 11-library system has been hit hard by the drop in property values in Placer County, which play an important role in the amount of property tax payments it receives for everything from book purchases to librarian salaries to new computers.

The Placer County Board of Supervisors heard a report Tuesday from the County Executive Office library analyst Ronald Baker Sr. on the anticipated deficit in revenue the Library Services Department is facing and some of the ways it is dealing with the drop in funding.

Baker reported that over the past three years, property-tax dollars have decreased 10.5 percent – or \$421,000 annually.

And property-tax revenue is projected to be flat for the coming 2012-13 fiscal year, Baker said.

“The situation frankly hasn’t improved in the last year,” Baker said. “We have wonderful facilities that communities care deeply about.”

Read the whole story

Dean Martin's 1962 Lake Tahoe concert to be released on CD

By Erik Pederson, Hollywood Reporter

A four-disc Dean Martin box set will be released June 12, Universal Music Enterprises said Thursday. "Collected Cool" will feature several dozen tracks from his years recording for Capitol and Reprise. A highlight of the set is a 51-minute 1962 concert in Lake Tahoe that is making its CD debut.

The set will span Martin's nearly half-century career, ranging from late-'40s hits including "Powder Your Face With Sunshine (Smile! Smile! Smile!)" to the 1985 single "L.A. Is My Home." Collected Cool also features a DVD of Dean Martin Live in London, filmed in 1983 at the Apollo Victoria Theatre. The concert aired on Showtime but has never been available on home video.

[Read the whole story](#)

TAP looking for people to fill booths at art festival

Tahoe Arts Project is sponsoring the 11th annual Arts Festival on July 6-8 at South Tahoe Middle School.

This outdoor festival will include art booths, food, children's art activities, entertainment, and fun for the entire family. Featuring local and visiting artists, this is a juried show and there is space available for artists interested in showing and selling their work.

Cost is \$250 for a 10 x 10 booth and \$400 for a 10 x 20. TAP does not take a commission from your sales and artists may share a booth. Applications are available online or call (530) 542.3632 to request an application.

This event is Tahoe Arts Project's major fundraiser for the year. Tahoe Arts project is a nonprofit organization whose mission is to provide cultural enrichment and diversity for the community through the arts and education with particular focus on our youth.

Reducing hunger is goal of Global Youth Service Day

For the 2012 Global Youth Service Day project, the South Lake Tahoe Youth Commission identified "Hidden Hunger Amongst the Youth of South Lake Tahoe" as the focus.

The group wants to be sure young people do not go hungry during the weekends. During the week, thanks to programs at the schools, young people are able to access a nutritious breakfast and lunch through the school meal program. However, on the weekends, many of these young people families are not able to access some of the resources that are available for nutritious meals.

Commission members, along with the Boys & Girls Club Leaders In Training and the Lake Tahoe Community College's Generation HOPE, is collecting canned, dried and non-perishable items to give out on April 20 at the Boys & Girls Club from 3-6pm.

The group was awarded a grant from Disney's Friends For Change. The \$1,000 will be used to purchase fresh fruit and veggies to go with the other items.

Clothing for a clothing exchange is also being sought.

To help support the project, or learn more about the South Lake Tahoe Youth Commission, contact Sarah Bowers at the Boys & Girls Club at (530) 542.0838 or sbowers@bgclt.org.

Items may be brought to the Boys & Girls Club at 1100 Lyons Ave., South Lake Tahoe, Monday-Friday from 10am-6pm.

Bodies need annual spring cleaning

By Mandy Kendall

With the sunshine streaming through the window, highlighting every surface in need of a dusting, coupled with the hangover from a particularly indulgent weekend in Las Vegas, it has become clear that it is the spring-cleaning time of the year again.

Now, when cleaning houses all it really takes is the will, some determination and a bit of elbow grease and the job can be accomplished in a day. (OK, maybe two.)



Mandy
Kendall

However, when it comes to spring cleaning our bodies, you definitely need the will and determination, but the elbow grease and getting the job done in a day or two is possibly not the best way forward. We are exposed to approximately 4,000 toxins each day in our food and from our environment. Most of these are manmade substances that our bodies can't process or don't know what to do with, and they can lead to fatigue, digestive problems, headaches, skin issues and a weakened immune system.

As a defense, our bodies tend to try to store the toxins that enter our bodies in places where they are least likely to do us any harm. Fat stores are one of the most common areas, and could explain why some areas of fat are so difficult to get rid of, as the body is reluctant to release something from which it has been protecting us. So getting rid of the toxins needs to be a slow steady process, allowing the body to safely eliminate toxic waste substances without harming us in the process.

There are obviously plenty of cleansing programs you can buy, but for a start our bodies would probably just appreciate a rest from some of the clogging stuff we put into it. Imagine a drain that you poured sludge into every day; you probably wouldn't be surprised to see the drain coated, if not blocked, with sludge.

However, if you spent a few days just flushing clear water down the drain, you would probably expect to see a large amount of the sludge had been washed away in that time.

So, working on a similar theory concerning our bodies, here are a few *Qwik-e* (quick and easy) tips for a natural seven-day spring cleaning detox.

Start the day – A hot mug of water with a quarter squeezed lemon and some sliced ginger (with a dash of cayenne if you can take it) will kick start your system and flush out your digestive track (and get things moving if you know what I mean).

Keep it light at first – A fruit based breakfast with some Greek yogurt, or a freshly made smoothie will be a gentle start for your body. The fiber in the fruit helps slow down the sugar absorption nicely, but try and avoid fruit juice, as that will spike your blood sugar too quickly.

Caffeine – Try to do without (or severely restrict) caffeine and alcohol, as they are a strain on your liver, which will be working very hard to help eliminate the toxins. Try herbal teas instead (check they are naturally caffeine free) as these will support the liver in its arduous job. Also juiced fruits and vegetables (pulp included) are fabulously nutritious and cleansing, so try to have at least one serving a day, on an empty stomach if possible.

Clog or cleanse? – If we were to ask ourselves whether a food is going to clog or cleanse us, I'm pretty sure most of us would instinctively know the right answer. However, general rule of thumb is anything in a packet with more than two ingredients has usually been processed in some way and will not be helpful in our cleansing process. Try and eat foods in their natural, unaltered state, as much as possible, and eat them raw if you can manage it. If raw food is not your favorite, then try to cook it as little as possible by steaming or lightly boiling. Obviously, organic foods, if they are an option, during the cleanse, will help greatly in the process.

Sugar – This, all too frequently added, food, has been labeled as this past century's legal cocaine. The form of sugar that is most added to our food (high fructose corn syrup for example) is highly addictive and incredibly toxic to our bodies, so check labels for any ingredient ending in "ose" and avoid it if at all possible. Natural fruit, in its whole form, can help to stave off any sugar cravings.

Eat the rainbow – Try and aim for 60 percent of your lunch and dinner plate to consist of a variety of vegetables, with as many different natural colors as possible. This will ensure a great variety of nutrients that your body will need to help breakdown the stored toxins.

Curb your carbs – Try and avoid wheat as much as possible as digesting this puts a huge strain on our digestive systems. If you absolutely must have your carbs try some wheat free alternatives like oat cakes, or bread made with rye or spelt flour. Check the labels. Many rye breads are made with wheat flour as well.

Snack attack – When the munchies kick in, try to have some cleansing support foods like vegetable sticks, fruit, nuts or seeds to hand to help avoid those sugary temptations.

Don't have a cow – Animal products are also a huge strain on our systems and are often full of more toxins. Try and replace animal meats (especially processed) and dairy products with fish, eggs, lentils and beans, seeds and nuts (try nut milks instead of dairy milk) to provide you with protein. Greek yogurt is made with sheep or goat's milk and is full of protein and much more easily digested.

Be kind to yourself – You may feel a little different for the first few days as your body adjusts. Keep hydrated and get plenty of sleep to give your body the best chance of making the most of this cleansing time.

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.

Scout looking to improve veterans' facilities on West Slope

Since 1997, Friends of the Veterans Monument has been creating a place to reflect, remember, and honor the men and women who have served in the armed services of the United States.



The effort has been led by Rich Buchanan of Placerville.

This site that is used several times each year for special events, complete with flyovers that draw large crowds. Memorial benches are in place, but not enough to accommodate the growing attendance.

More seating, a kiosk and another structure for troop listings are just part of the vision that continues to form in the

minds of this group.

Hayden Cooksy decided his Eagle Scout project would be to have two benches dedicated to this site. Cooksy explains that he chose two benches so that he can designate “one to commemorate those who served in the ‘forgotten war’ in Korea and one to honor the more current conflicts in the Middle East spanning from 1980 to the present”.

The Welcome Home Fund has been created at the El Dorado Community Foundation. This fund will be advised by seven members of the community, and will be used in the ongoing efforts of the Friends of the Veteran’s Monument to enhance the site in a myriad ways, including support for Cooksy’s Eagle Scout project.

Gifts may be made to the El Dorado Community Foundation’s Welcome Home Fund, P.O. Box 1388, Placerville, CA 95667.