Talk to detail Tahoe Big Year bird event

South Lake Tahoe Friends of the Library will host an informative bird talk on Dec. 20 at 6pm.

Sarah Hockensmith of the Tahoe Institute for Natural Science will be talking about the 2018 Tahoe Big Year, a yearlong birding event that celebrates the hundreds of bird species that occupy the Tahoe region, and brings together birding beginners and enthusiasts alike.

This presentation will acquaint people with common and unique birds of Lake Tahoe, birding destinations in the Tahoe area, what a bird Big Year is, and how to get involved.

It is free and open to all.

The library is at 1000 Rufus Allen Blvd., South Lake Tahoe.

Mardi gras event benefits youth tennis

Sierra Junior Tennis Association – formerly Biggest Little Tennis Association – is having its 2018 annual gala on Jan. 27.

Costumes strongly encouraged for the mardi gras-themed event.

There will be carnival games, photo boot and music for dancing, as well as a live auction.

Money raised supports junior tennis programs for youth in the

Lake Tahoe and Northern Nevada area.

The event is from 5:30-11pm at the Atlantis casino in Reno.

Go **online** to buy tickets.

Essay contest open to young hunters

The California Department of Fish and Wildlife and the California Wildlife Officers Foundation are again co-sponsoring the annual Passing on the Tradition essay contest for young hunters.

The grand-prize winner will receive a lifetime California hunting license that is valued at more than $600. Second and third place winners will also be selected and prize packages will be awarded.

This year’s topic is how hunting has influenced or affected the person’s life.

The contest is open to all junior hunting license holders, as well as youths under 18 who have earned a hunter education certificate.

Essays should be 500 words or less. Email them to john.nores@wildlife.ca.gov by Dec. 15 at 5pm. On the essay, applicants must also provide their date of birth, place of residence and a contact telephone number and email address.

The winners will then be notified by telephone. For additional information, contact John Nores at 408.591.5174.

Study: Dog owners live longer, healthier lives

By Amanda MacMillan, Time

In case you need another reason to snuggle your pup: According to a study of more than 3.4 million people, owning a dog is linked to a longer life. The research, published in Scientific Reports, is the latest in a growing body of research suggesting that canine companions may be good for human health—especially for people who live alone.

To study the link between dogs and longevity, researchers at Uppsala University in Sweden reviewed national registry records of Swedish men and women, ages 40 to 80. They focused on 3.4 million people who had no history of cardiovascular disease in 2001, and followed their health records—as well as whether they registered as a dog owner—for about 12 years. Dog ownership registries are mandatory in Sweden, and every visit to a hospital is recorded in a national database.

They found that dog owners had a lower risk of death due to cardiovascular disease than people who did not report owning a dog, as well as a lower risk of death from other causes. That was true even after adjusting for factors such as smoking, body mass index and socioeconomic status.

Read the whole story

Lake Valley holiday fire truck set to roll

Lake Valley Fire Protection District will again travel the neighborhoods with a decorated holiday truck.

Here is the schedule:

Dec. 11 – Echo View Estates, Tahoe Mountain Road, Mule Deer Circle

Dec. 12 – Lake Tahoe Boulevard from Boulder Mountain Drive to Grizzly Mountain Drive

Dec. 13 – West side of North Upper Truckee from Zuni Street, Highway 50, Chiapa Drive

Dec. 14 – East side of North Upper Truckee from Grizzly Mountain to West San Bernardino Avenue

Dec. 15 – Christmas Valley from Highway 50 to Grass Lake Road

Dec. 16 –North side of Highway 50 in Meyers (lower Apache, Magnet School), behind Station 7 (Cornelian Drive, Navahoe Drive, Cheyenne Drive).

Dec. 17 – North of Pioneer Trail from Highway 50 to Elks Club (Southern Pines Drive, Tionontati Street, Meadow Vale Drive), Player Drive

Dec. 18 – Upper Apache Drive and Mandan Street

Dec. 19 – Pioneer Trail from Busch Way to Washoan Boulevard (Glen Eagles Drive, Hekpa Drive)

Dec. 20 – Pioneer Trail from Washoan Boulevard to Jicarilla Drive (Apalachee Drive, Nadowa Street, Susquehana Drive)

Dec. 21 – Kokanee Estates (Marshall Trail, High Meadow Trail)

Dec. 22 – Golden Bear Trail, Meadow View Estates (Plateau Circle, Cattleman's Trail)

Dec. 23 – Cold Creek Trail, Del Norte Street, Black Bart from Pioneer Trail to Meadow Crest Drive.

NLT Boys & Girls Club expanding after school programs

This winter, the Boys & Girls Club of North Lake Tahoe will be partnering with the Dave & Cheryl Duffield Foundation to serve youth in Incline Village with out-of-school time programs.

The foundation has granted a substantial amount to help spearhead the effort to open the Boys & Girls Club of North Lake Tahoe Duffield Youth Program.

Starting in January, the BGCNLT Duffield Youth Program, with additional support from the Incline Village General Improvement District and Incline Elementary School, will provide after-school programming for K-5 within Incline Elementary School. Participants will have access to enrichment programs Monday through Friday from the moment school is released until 6:30pm. Membership for these drop-in programs will be available for an annual $50 fee.

IVGID's current after school program will be folded into the Boys & Girls Club curriculum.

Essential oils can bring calm to the holidays

By Melinda Myers

Ease into the hectic holiday season with the help of aromatherapy. The fragrances of plant-derived essential oils have long been used to improve the health of our mind, body and spirit.

Boost your energy and increase your focus as you work to balance work, family and holiday fun. Peppermint has long been prized for this and so much more. You'll find it also helps relieve headaches and indigestion.



Warming wraps infused with essential oils can provide relief to those suffering from sore shoulder

and neck muscles. Photo/Gardener's Supply Company

Freshen your home with the scent of grapefruit. It's the perfect solution when unexpected guests drop by for a visit. You may also find the grapefruit aroma, along with your company, help to lighten your mood.

Use eucalyptus essential oil in the fight against colds and flu this winter. Just place a few drops into a diffuser on your desk at work, in your bedroom or family room. The diffusers come in a wide array of shapes and sizes. Some use heat, ultrasonic vibrations, fans or wood wicks to disperse the fragrance throughout the room. Others allow the fragrance to seep through the porous portion of the diffuser pot and into the room.

Or use a eucalyptus eye mask to help relieve sinus pressure and sooth tired eyes. Just gently heat or cool the mask, cover your eyes and relax into a bit of relief.

End your day with relaxing lavender. It helps reduce anxiety, relieves headaches and improves sleep. Turn up the heat and fragrance with the Ultimate Lavender Wrap. Simply pop the flax, rice and lavender infused insert into the microwave. Place it back into the cloth cover and drape it over your neck and shoulders. This can provide relief for those suffering from tense or aching muscles and winter chills.

Encourage a good night's sleep by tucking a lavender-filled sachet under your pillow. Or set a bundle of dried lavender stems in the bathroom, bedroom or anywhere you want to enjoy the fragrance of a summer garden and a bit of relaxation.

When you incorporate some aromatherapy into your routine you'll find yourself smiling and more relaxed. The boost in energy and reduced stress will help you navigate the many

gatherings, rich food and busy schedules ahead. And consider giving the gift of aromatherapy to someone you love, so they too can enjoy improved harmony and health into the New Year.

Melinda Myers has written more than 20 gardening books, including "Small Space Gardening." She hosts the Great Courses "How to Grow Anything: Food Gardening For Everyone" DVD set and the nationally syndicated "Melinda's Garden Moment" TV and radio segments.

Single travelers changing the tour market

By Arthur Frommer, Frommer's

In a surprising announcement, the Bureau of Labor Statistics has found that fully 50 percent of America's adult population now consists of unmarried single people. And because another smaller percentage of the population is married people who nonetheless prefer to travel alone, the result is that more than half of our adult population are persons who travel without a spouse.

That interesting figure has been noted and absorbed by a growing number of tour operators who are now modifying their trips to appeal to solo travelers. The largest of those tour operators, Intrepid Travel, has just announced a sizable tour program for the coming year that will be limited to single or solo people.

Read the whole story

Egon Klementi – 1934-2017



Egon Klementi

A Lake Tahoe resident for many years, Egon A. Klementi died Oct. 24, 2017. He was 83.

Egon was born April 11, 1934, in Austria.

In his late teens he and his identical twin brother Helmut put an artistic spin on the tricks of bicycle stunt riding. The resulting show was so outstanding that the Klementi twins won many international competitions and performed all over Europe. Ed Sullivan saw them at the Moulin Rouge in Paris and brought them to his famous show in New York. Egons's wife, Elfie, joined the show business act. It was a bike act with comedy and artistic skills performed on four continents. Their act brought them to Las Vegas and later on to Harrah's in Reno and Lake Tahoe.

During the 35 years in showbiz and traveling all over the world, Egon drew and painted, taking classes from famous European artists and studied at the Ecole de Design de Paris

in France. When he came to Tahoe he continued his formal study at the Lake Tahoe Community College.

The Klementis retired from show business in May 1989 at Harrah’s. This gave Egon more time to devote to his art. Egon poured his creative energies into pursuing the visual art. Silk painting became his favorite media, but he studied and worked in several media: photography, mixed media, metal leaf collages, sculptures with wood, marble, soapstone and metal. His contribution to art education includes serving as the president of the Nevada Art Association. He was for many years an artist in residence at the Tallac Historic Site in South Lake Tahoe and was an active member of the Tahoe Art League. He was teaching numerous painting classes and workshops across Northern Nevada and Northern California.

Egon also had a “normal job” as he puts it. He started out to be a limousine driver/chauffeur for Harrah’s Lake Tahoe in November 1994 and then was a butler at the Summit Suites until May 2005.

Egon lived life to the fullest. His joy-in-living, his constant joking and quick wit is hard to forget. His absence is deeply felt by those who knew him.

He will be forever missed by his wife of 53 years, Elfie; son Rene with his family living in Austria; and Helmut his twin brother here in Tahoe.

There will be no services.

Tips for winter driving

With winter practically here, the South Lake Tahoe Police Department is reminding people who to drive in snowy, icy conditions.

Here are some tips:

- Make sure your tires are properly inflated and the tread is in good condition.
- Check your brakes, lights and windshield wipers to make sure they are functioning properly.
- Warm up your vehicle and make sure your windshield is clear of ice and snow before driving.
- Be alert. Constantly scan the road for hazards and give yourself enough room to react safely.
- Remember, stopping distances can double in rain and triple in snow.
- Minimize distractions, such as turning off or silencing your cell phone.
- Do not use cruise control during wet or snowy road conditions. Cruise control can cause skidding and loss of tire traction in winter conditions.
- Buckle your seat belt. Wearing a seat belt is the best defense to prevent injury and death in a crash. This includes buckling children into properly installed child safety or booster seats.
- Carry an emergency kit for safety, comfort and possible repairs.
- Ensure properly fitted tire chains in case of severe winter weather.
- Finally, don’t drive when you are tired or under the influence of alcohol, marijuana or drugs whether they be illicit or prescription. If you are under the influence of drugs or alcohol, always designate a sober driver.