Wildflower-wine festival in Kirkwood

Celebrate 10 years of food, wine, and wildflowers at Kirkwood on July 31.

Take a stroll with guided hikes by local wildflower expert Laird Blackwell before savoring flavors of local Amador and El Dorado county wines. Hit the plaza and visit booths filled with the works of local artisans while The Kingtones play.

The 10th Annual Wildflower Festival benefits the Sugar Pine Foundation, a group dedicated to preserving the flora and fauna of the High Sierra. Tasting tickets are $20 per person with events happening on the Village Plaza from noon to 5pm.

Native Americans celebrate culture at Valhalla

By Kathryn Reed

CAMP RICHARDSON – For two days, the grounds at Valhalla on the South Shore were reminiscent of what life might have been like less than 100 years ago.

Dressed in traditional garb of the Rancheria Miwok and uttering a prayer in a chant-like fashion for the ground and themselves, the group danced around the grass.



Tinki Huasi makes a dream catcher on July 25. Photos/Kathryn Reed

Their words and movement mean something important still to this day. All that was missing was a translator for the non-Indian speakers in the crowd. The Native Americans knew when to respond as the group sang.

The Was She Shu It'Deh, now its 20th year, is an annual festival of Native American Arts that is hosted by the Washoe Tribe and Tahoe Tallac Association. The purpose is to increase awareness of appreciation for traditional and contemporary Native American art.

The July 24-25 event brought out various tribal dance groups, musicians, and included a basket competition.



Rancheria Miwok dancers at Valhalla.

Plenty of native jewelry was for sale, along with pottery,

food and dream catchers.

A T-shirt for sale says, “America’s Original Homeland Security: Fighting Terrorism since 1492.”

‘The Indian and The White Guy’ come to Harrah’s



Following their long-awaited Hot August Nights engagement at Harrah’s Reno on Aug. 5, the irreverent and hilarious Williams and Ree, a.k.a. “The Indian and The White Guy,” return to the South Shore Room at Harrah’s Lake Tahoe on Aug. 7.

The duo has sustained a career of more than 30 years packing casinos, clubs, and arenas with their incredibly quick-witted and ever-changing routine.

Bruce Williams and Terry Ree met in 1968 at Black Hills State College in Spearfish, S.D., where they began playing together in a band where they often filled time between their songs with their unique brand of humor. After realizing that the humor became a bigger draw than the music, the comedy team was born.

Polishing their performances at venues such as the world famous Comedy Store in Los Angeles during the 1970s, and testing new material with the likes of Robin Williams and David Letterman, Williams and Ree discovered their natural ability to play off one another. They have since shared the stage with acts such as Garth Brooks, Oak Ridge Boys, and Tim McGraw in addition to hosting “Country Kitchen” with Florence

Henderson, a TV show that entertained audiences for more than 10 years.

The recent resurgence of comedy shows such as the Blue Collar Comedy, Last Comic Standing, Whose Line Is It Anyway, and TBS's "Minding The Store," proves that audiences nationwide are still entertained by comedians who have the innate ability to find humor in everyday life. By combining pop culture trends into a fast-paced, lively show, full of zings interspersed with songs, Williams and Ree prove they have what it takes to get an audience going. This winning combo has allowed Williams and Ree to entertain thousands, performing more than 300 shows every year.

Tickets are $25 plus fees. Show time is 7:30pm. This show is for audiences age 21 and over. For more information and to make reservations, call 800.786.8208 or purchase tickets online at www.SouthShoreRoom.com.

Wanderlust Festival brings yoga, music, food, wine together

The second annual Wanderlust Festival prepares to descend on Squaw Valley USA July 29 through Aug. 1.

One of the first events of its kind, Wanderlust brings together the biggest names in yoga with the hottest names in electronic and dance music for a weekend of mindful revelry. In addition to practicing yoga with instructors like Seane Corn, Baron Baptiste, and Shiva Rea, and catching live shows with artists like Moby, Bassnectar, or Pretty Lights,

Wanderlust offers a multitude of experiences that surprise, challenge and entertain the mind, body and spirit.

What’s new at Wanderlust:

* Speakeasy Lecture Series: This lecture series, presented by Evol Burritos, will cover topics ranging from environmentalism and spirituality to conscious consumerism and fair fashion. Discussions will be led by Kaitlin Quistgaard, editor-in-chief of Yoga Journal, and feature speakers Shiva Rea, Seane Corn, Moby, Adrian Grenier, Mariel Hemmingway, and internet entrepreneur Chris Sacca, amongst others. Lectures are free for all yoga and music ticketholders, but attendance must be scheduled in advance using the Wanderlust class scheduler.

* Wellness Village: Constructed out of sustainable bamboo, the Wellness Village cabanas offer massage, bodywork, acupuncture and other healing arts from Friday through Sunday.

* Wine Tastings: Wanderlust will offer a series of wine tastings from July 29-31, hosted at Kali Kopley’s Uncorked in the Kula Village. Held on the patio at Uncorked, these evenings will feature live music and tastings of Merlot and Malbec from Wanderslust’s official red wine, Red Rock Winery, alongside an impressive list of small biodynamic and organic wineries including Calera Wine Co., Ceago Vinegarden, Honig, Family Winery and Vineyards, Inman Family Wines, Yellow & Blue, Mendocino Farms, Saracina, and Ukiah Cellars. All of the wine events are free, but the Saturday event will be limited to the first 150 people to register.

* Food Co-op: A wide array of organic and sustainably-farmed foods will be offered at this year’s festival. The centerpiece of these efforts will be the first ever food co-op at Wanderlust, which will consist of a number of quality organic vendors such as Amy’s Kitchen, Ritual Coffee Roasters, Uncommon Kitchen, Evol Burritos, and Spiro’s Giros, as well as a small farmers market featuring fresh fruit and veggies from

local producers. The co-op will be clustered around the iVillage tent where you can lounge, check your email, post updates on the event and get special goodie bags. Wanderlust is also working with the local restaurants in the Village to create a “Wanderlust menu” featuring organic and local food options.

* Fire & Ice Dinner: Returning for a second year, the popular Fire & Ice Dinner at High Camp will offer a wide range of organic and local foods, plus a number of vegetarian and vegan items.

* Kids Program: The Wanderkind kids program features interactive activities for children including henna tattoos, hula-hooping, crafts, and of course, kids yoga. Presented by Om Kids Yoga in Truckee, the Wanderkind program takes place at Squaw Kids and allows parents to check out Wanderlust knowing their children are having a fun learning experience suited for them.

Tickets for the four-day event are still available at www.wanderlustfestival.com. Prices start at $29.50 for a one-day music pass and $90 for a one-day yoga and music pass.

Heritage tour features North Shore museums

By Gus Thomson, Auburn Journal

The doors at 18 museums around Placer County are set to creak open and welcome big crowds Aug. 7 and 8 for the third annual Heritage Trail tour.

The doors will be opening wide for a cross-county tour that Museums Administrator Melanie Barton described as an opportunity for all ages – especially families – to enjoy the magic of the museum experience.

“It’s free, it’s fun and it’s a great way to better understand Placer County’s rich and colorful history,” Barton said.

The Heritage Trail tour, which Barton estimates attracted 5,000 people last August, features 19 museum stops from Roseville to North Lake Tahoe.

Read the whole story

Squaw gears up for jazz-brew fest

For one weekend this summer, the Village at Squaw Valley is going to become one of the funkiest places around Lake Tahoe.

Some of the most recognized jazz, blues and funk favorites of this era will perform at the annual Brews, Jazz & Funk Fest Aug. 14-15. from 2-8pm each day.

Continuous live music will be on two stages, with offerings of more than 20 breweries.

Admission is $5 and beers are $4. Proceeds from the event benefit the Humane Society of Truckee-Tahoe.

For more information, visit www.thevillageatsquaw.com or call (530) 584.6266.

Casino industry turning toward green practices

By William Ng, Incentive Travel

As green consciousness and corporate social responsibility expand in the incentive travel market, hospitality stakeholders have been hard at work remaking major and small casino locales alike. Resort operators like Harrah's Entertainment and MGM Mirage have transformed their properties into environmentally minded resorts. Began initially as employee engagement and internal cost-efficiency measures, the investments are now meeting a growing demand for low-carbon and socially conscious incentive travel programs.

Image polishing

The initiatives are changing preconceived notions that gaming destinations can't be green. "We're moving back of the house to the front of the house," Gwen Migita, Harrah's Entertainment's corporate director of social responsibility, says about the impact-reduction changes that have happened behind the scenes.

Read the whole story

Abundance of color,

creativity dominate garden tour yards

By Kathryn Reed

MEYERS – If there were any doubt about summer's arrival in Lake Tahoe, one need only go on next weekend's annual garden tour on the South Shore. Lush green lawns and plants are accentuated by splashes of color representing all shades of the rainbow.

Creative water features prove these aren't just something flatlanders can have. Meandering paths create an artistic flow to the outdoor oasis. Vegetable gardens are robust – enough so that if they pooled their resources the neighbors could establish their own farmers' market.



Russell Crawford has a knack for creating unique features for his yard. Photos/Kathryn Reed

The Lake Tahoe Historical Society's seventh annual garden tour is June 31. This is the society's major fundraiser, with most of the money being used at the museum in the middle of South

Lake Tahoe by the senior center.

While many garden tours have professionals come in and work the yards, the eight on this tour are created and maintained by the homeowners.

“Our theme is anyone could do it,” said Lynne Bajuk, this year’s organizer.

Though it’s true these eight houses have at least one gardener in the family, the truth is many left this reporter exhausted just looking at them. Some of the land is on more than an acre. At least one house had a riding lawn mower. Not all are retirees, so odds are a ton of time after work is spent in the garden.

Each has a uniqueness, with the overriding theme being a tremendous amount of pride and love for their property.

Two weeks before the public tour, organizers and homeowners take a look at the gardens, see what the flow will be like for the public, and answer questions the owners may have about the event.

Many of the owners pointed to the long winter delaying growth. Everything seems to be about three to four weeks late this summer. Some complained of voles — but looking around, their complaints seemed minimal compared to non-garden tour yards.

A sampling of the gardens

Without giving away all the details about the gardens, *Lake Tahoe News* will give you a sneak preview of seven of the eight yards.

Beverly Pevarnick is quick to point out it’s her husband, Dennis, who gets most of the credit for their expansive yard that backs to Lake Tahoe Golf Course. There is little delineation between their backyard and the greens.

No golf balls have hit the house, but plenty end up in the yard.

Islands of flowers, shrubbery and boulders break up the nearly acre lot that is full of grass, making a ride on the lawnmower something of an adventure.

It’s the back yard of Jerry and Marcia Gaudet that is full of raised planter beds. He starts most things with seeds.

A greenhouse is where the tomatoes start. Silicon oil on the windows allows them to expand in the heat so the ventilation is automatic.

Various lettuces, strawberries, beans, onions, beats, carrots, snap peas, potatoes and other veggies fill the planter boxes.

“I make my own compost,” Jerry Gaudet said of the soil mixture.

An abundance of bears have come by their Bakersfield Street house. In the last couple years, cottontail rabbits have been visiting the garden.

Some might say it’s cheating that Diane and Chip Morrill’s garden is on the tour because she works for Aspen Hollow nursery.

Dirt from the old Office Depot site was transformed into a mound in their front yard that features a tremendous amount of plants, a wooden stairway that seems to lead to nowhere when in fact a water feature is at that top that looks like a mini stream. This water eventually forms a waterfall dropping into a small basin.

Their robust asparagus plants caught the eye of several of the gardeners on the preview tour.

The back is full of flowers from seeds Diane Morrill threw out, along with beds of veggies.

The accents in the garden at Russell and Judy Crawford's are mesmerizing. Judy Crawford's stenciling on part of fence above a dresser that has plants in the drawers is eye-catching.

The backyard expands in the lot they bought after moving into the house decades ago.

"Every time she watches HGTV I go 'oh, no'," Crawford said of his wife.

Walt and Debi Shild's 1.25 acres feels like much more than that. It goes on and on – in a good way. On the far side is the chicken coop, where they can get 15-20 eggs a day in the summer. On the opposite side is pea gravel with a fire pit and wildflowers.

In between are two distinct sections – one is the veggie garden, the other lawn and other vegetation.

A short walk from there is the garden of Rick and Laray Taylor.

On this nearly acre lot, the Taylors have 360 feet of riverfront property. Laray Taylor said only once has the Upper Truckee River caused her concern – during the 1997 flood when it came close to being at the edge of their lawn.

Wild aspens in the landscape would make this an ideal fall garden tour spot.

Next door is the home of Sue and Bob Novasel. Pool or river? That's the tough question they have to ask themselves.

With the steep grade from the house to the river, it must make mowing a challenge. It flattens out at the bottom where two chairs sit; looking over what is now a mildly flowing river.

Tour details:

July 31 from 10am-4pm. All gardens are in El Dorado County.

Five of the eight gardens are on land once owned by the Celio family. Tickets are $20 and may be purchased at the museum at 3058 Lake Tahoe Blvd., South Lake Tahoe, and at Aspen Hollow, Tahoe Outdoor Living, Nel’s and SunBasin. Tickets are limited and last year it sold-out. For more information, call (530) 541.5458.

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Celtic Harp and Bagpipe Concert at Boathouse Theatre

South Shore harpist Anne Roos will be joined on stage by local, eighth generation bagpiper Séan Cummings in a lighthearted evening of Celtic music at the Boathouse Theatre at the Tallac Historic Site on the South Shore on July 28.

It’s part of the Valhalla Summer Festival and the fifth year for the Celtic Harp and Bagpipe Concert.

The concert is from 7:30-9pm. Tickets are $15 adu.ts, $12 students-senior-active military, $5 12 and under.

For more information, call (530) 541.4975.

Barton urges vaccinations for

whooping cough

By Denise Sloan Smart



More cases of pertussis – also known as whooping cough –- have popped up statewide this year than in the last 50 years.

Health officials across California are seeing a sharp spike in cases of pertussis and are encouraging parents, caregivers and older siblings of infants to seek vaccinations. Pertussis is especially dangerous for babies.

In El Dorado County, there have been at 23 reported cases of pertussis since the beginning of the year, compared to only three last year, according to Olivia Kasirye, El Dorado County health officer.

A total of 910 cases of pertussis have been reported statewide this year – four times as many cases as last year – along with six deaths, all among infants who were under 3 months of age.

There have been no reported deaths due to pertussis in El Dorado County this year.

Pertussis is a highly contagious respiratory tract infection, spread through coughs and sneezes. It is particularly dangerous for unimmunized and incompletely immunized infants.

“Babies are more vulnerable to pertussis because under the age of six months their lungs are not fully developed and they are prone to apnea, which means they just quit breathing,” explained Rita Wang, physician with Barton Pediatrics.

Symptoms of pertussis typically start with a cough and runny

nose for one to two weeks, followed by weeks to months of rapid coughing fits that sometimes end with a whooping sound. Fever is rare.

Parents and caregivers of infants, as well as children ages 11 and older should receive the pertussis booster shot, called Tdap, which protects against tetanus, diphtheria and pertussis.

The Tdap vaccine is administered in one dose and is approved for people age 11 years through 64.

Pregnant mothers who are delivering at the Barton Family Birthing Center can receive the vaccine after their baby is born with an order by their physician.

“The pertussis vaccine for young children – licensed for children ages six and younger – called DTaP, is administered through a series of five shots, typically at 2, 4, 6 and 12 to 15 months of age, with a booster dose at kindergarten entry,” Wang said.

“Children who complete the series of vaccinations are considered well protected,” she added. “Babies are not considered protected until they have received their first three doses.”

Parents should check their child’s immunization records or contact their child’s doctor to see if their child is current on their vaccinations.

Because the vaccine’s effectiveness can wane over time, it is recommended that children 11 years of age and older receive a booster dose of the pertussis vaccine.

Parents of newborns should be cautious about their baby’s exposure to people who are sick.

“It’s common sense to wash your hands and ask others to wash their hands before holding a baby, and to refrain from being

near a newborn if you have any symptoms of illness, especially cold or flu symptoms," Wang said.

For the pertussis vaccine, contact your primary care provider. If you do not have one, you can go online to www.bartonhealth.org/physicians to find a primary care provider or go to Barton Urgent Care at Stateline Medical Center, 155 Highway 50, Stateline, for an evaluation for possible vaccination.

It is important to note that the Tdap booster vaccine should not be given to someone who has already had the vaccine within the past six years as there could be a severe reaction. Vaccines (DTaP) and booster vaccines (Tdap) are available at the Barton Community Clinic, Barton Family Medicine, Barton Internal Medicine and Barton Pediatrics.

The El Dorado County Health Services Department is also offering low-cost vaccinations for children, as well as boosters for adults. The county health department's vaccines for children are free and $10 for those 19 years of age and older. The county health department, located on Johnson Boulevard, is open Mondays from 8-11am; Wednesdays from 1-4pm; and Fridays from 8-11am.

Denise Sloan Smart is the communications specialist for Barton Heath.