Importance of not ignoring signs of suicide

By Alisa Merino

Each year, more people die from suicide than war, homicide and natural disasters combined.

The good news is that suicide can be prevented if the signs are detected and the right actions are taken.



Here are prevention and support hotlines that anyone can call for immediate suicide concerns:

· Suicide Prevention Lifeline
800.273.8255 or text "ANSWER" to 839863

· 24-Hour Psychiatric Emergency Services (El Dorado County Mental Health)
Placerville: 530.622.3345
South Lake Tahoe: 530.544.2219

· Suicide Prevention Network California or Nevada residents: 775.783.1510

Other local mental health resources can be found online.

Healthy coping skills are critical for dealing with incidents of trauma throughout life. Unfortunately, some people find that life stressors are too difficult and some choose negative ways to cope.

The most critical warning signs of suicide are:

- Talking about wanting to die or about suicide
- Talking about feeling hopeless or having no reason to live
- Looking for ways to kill oneself.

If someone you know is displaying these signs, take action and follow these steps:

Step one: Ask. Ask the person directly if he or she is thinking about suicide. “I’ve noticed you’ve been acting different and I’m really concerned. Are you thinking about suicide?”

Step two: Listen. Hear the person’s story. Listen and offer support without judgment. “It sounds like you are going through a lot. I’m so sorry. How can I support you?”

Step three: Connect. Connect the person to resources. “I want to make sure you stay safe. Can we call someone so that we can keep you safe?”

Certain protective factors can help reduce the risk of suicide, including:

- Effective behavioral health care
- Connectedness to individuals, family, community, and

social institutions

- Life skills such as problem solving and coping
- Self-esteem and a sense of purpose or meaning in life
- Cultural, religious, or personal beliefs that discourage suicide.

Alisa Merino is the program coordinator for the Suicide Prevention Network, a nonprofit offering education, awareness, and supportive services to members of Douglas and El Dorado counties.

Essay contest open to grades 7-12

Lake Tahoe and Carson Valley students in grades 7-12 have an opportunity win cash in an essay contest.

This year's Fleet Reserve Association Branch 137's theme is What Patriotism Means to Me. Essays must be 350 words.

This is a national contest, with the overall prize of $5,000. Each grade level will receive other recognition.

Each entrant must be sponsored by an FRA member or branch. Winners are selected at the branch level in each grade category, which are forwarded to compete in one of FRA's eight regions. Regional winners are then forwarded to the Association's National Americanism Committee, where first-, second- and third-place winners are selected in each grade category. The grand national winner is selected from those writers.

Concussions to be topic of lecture

A panel of experts will lead a discussion Sept. 13 about concussions.

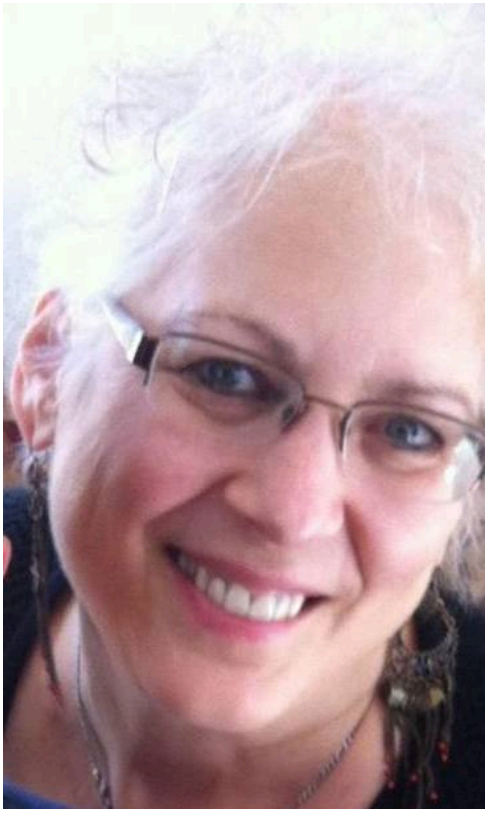
The free talk will be from 6-7pm in the board room at Lake Tahoe Community College.

Panelists include Terry Orr with Tahoe Center for Orthopedics, athletic trainer Jeremy Vandehurst, doctor Tracy Protell, and speech therapists Susanne Bull and Traci Fogliani.

This will be an opportunity to learn more about:

- Facts, symptoms, research and statistics on concussions
- What to expect when being seen in the primary care office for treatment
- How speech therapy is involved
- Activities of daily living modifications and returning to work
- Returning to sports with an athletic trainer.

Diana (Bahn) Freeman – 1957-2017



Diana Freeman

Diana Freeman, 59, of South Lake Tahoe went to be with the Lord on Aug. 25, 2017, surrounded by her family at her home and following a two-year battle with cancer.

Diana was born in Rhode Island to Robert and Rita (Ostrofsky) Bahn on Nov. 22, 1957, and grew up in Connecticut and later in Colorado, where she graduated from high school and college.

Diana was the beloved wife of Stan Freeman whom she married April 24, 2003.

She was a 35-year resident of South Lake Tahoe and worked for many years at Harrah’s Lake Tahoe, El Dorado County Mental Health Department and for the past several years at Barton Memorial Hospital as a customer representative. At Barton Hospital she helped many of their clients in their time of need and was often specially requested by Barton’s clients because of her caring nature and passion to help.

Diana’s loving, selfless heart was displayed through her love of her children and animals. She often took troubled children

into her home and loved them as their mother, even while raising her own children. Occasionally meeting some of these children later in life who still referred to her as “mom” and loved her dearly. Diana was an animal lover and had many pets throughout her life, including her dogs, Lacey, Dexter, Roscoe,Tina, Saoirse and Jack as well as her cats Pie, Otto and Isabel, most of whom were adopted. She loved them as part of her family.

Diana was an excellent singer and had the voice of an angel. Her ability to sing harmonies was astounding and as a young woman she performed and sang publicly. She expressed her love for our Lord with her beautiful voice through her participation in the worship team of Lake Tahoe Christian Fellowship.

Diana was an avid reader and also loved to paint and spend time gardening. During her illness it was a great source of joy for her to rise very early in the morning, sit on the deck, pray and watch the birds come to feed while reading, painting and singing. She loved to travel to Merida, Mexico, with her husband, a city that she and her mom fell in love with over 30 years ago, and spend time at her little home there. She loved the culture, the food and interacting with the Mexican and Mayan people and especially the children.

Diana is survived by her husband, Stan Freeman; sons Steven and Josh (Juliette) Villela; step-sons Conor and Emmet Freeman; grandchildren Aidan Villela and Belle Villela; mother Rita Bahn; sister Kathryn (Chris) Kelln; brothers Robert Bahn, Eric Bahn and Christian (Mary-Martha) Bahn; sister-in-law Adrienne Freeman; brother-in-law John (Barbara) Freeman; and her many nieces and nephews, all of whom she loved dearly.

She was preceded in death by her father, Robert Bahn.

Family, friends and others whose lives Diana touched are invited to a memorial service and celebration of her life at

11am on Sept. 23 at Lake Tahoe Christian Fellowship, 3580 Blackwood Road, South Lake Tahoe.

Tahoe Tails – Adoptable Pets in South Lake Tahoe



Rex

Rex is a Queensland heeler mix, who is almost 3-years-old.

His owner can no longer take care of him due to ill health. Rex has lived with children, and is good with female dogs and non-dominant male dogs. He has been a little shy in the shelter. Rex really enjoys car rides.

Rex is neutered, microchipped, tested for heart worm, and vaccinated. He is at the El Dorado County Animal Services shelter in Meyers, along with many other dogs and cats who are waiting for their new homes. Go to the Tahoe animal shelter's Facebook page to see photos and descriptions of all pets at the shelter.

Call 530.573.7925 for directions, hours, and other information on adopting a pet.

For spay-neuter assistance for South Tahoe residents, go to **online** or call the animal shelter. Vouchers are available there also: bring $25 and a copy of a photo ID and a local utility bill.

– Karen Kuentz

Fake service dogs a growing problem



Britton is a member of the Prescription Pet Team. Photo/Tom Ward

By Wes Siler, Outside

Here in famously pet-friendly Los Angeles, I encounter dogs that are blatantly not service animals on a daily basis. Recently, during a morning visit to my local café, I laughed when a woman whose tiny dog was thrashing around at the limits of its leash and barking fiercely at other customers loudly proclaimed that it was a service animal. “It’s my service dog,” she said to me, scowling. “You’re not allowed to ask me

why I need it!”

Data backs my anecdote up. A study conducted at UC Davis found that the number of “therapy dogs” or “emotional support animals” registered by animal control facilities in the state increased 1,000 percent between 2002 and 2012.

This has recently led state governments to try and curb the problem through law. In California, the penalty is $1,000 and up to six months in jail.

Read the whole story

To Tahoe Eric Church is Mr. ‘Understood’



Eric Church delivers high-energy country to fans on Sept. 2 at Harveys. Photo/Kathryn Reed

By Susan Wood

STATELINE – It was like a revival the minute southern country artist Eric Church hit the stage for the faithful who showed up and stood up in great numbers Saturday night for the last artist at the outdoor summer concert at Harveys this year.

Church, a singer and guitarist who represents a cross between southern rock and outlaw country, played the entertainer to the cowboy-hat-clad crowd. Many fans were enthralled, mouthing the words to most of the songs they all recognize from his high-energy, seven-piece band.

Among the fans were Amanda Horsman and Byron August, the latter who came in a Led Zeppelin shirt. They came up from the Sacramento area for the concert, which started later than usual by a half hour.

“We’ve seen a lot of people, but he really cares about his fans,” August said. He explained that he heard Church bought a record press so he could deliver the music to his fans before it was released to radio stations.

Church does nothing to shy away from the unconventional. His latest album released two years ago, “Mr. Misunderstood,” arrived in the mailboxes of his church choir members.

August understands that purist dedication to country music. He owns a record player.

Mitzi Olsen of Gardnerville, who danced most of the evening, also noted that she admires Church because he is “super country.”

“So many people play country songs. I feel like he’s still just country. He’s stayed true to his roots,” she said. Olsen first heard Church while she was vacationing in Utah and has remained loyal to the North Carolina artist who played Jimmy Buffet cover songs with a band while in high school.

He’s come a long way since then.

With his signature aviator glasses that protect his contact lenses from the heat of the lights, Church, 40, burst on the scene about a decade ago. He styled an image from his blue-collar demeanor and no-surrender type of passion that proves nothing comes easy – even to nice guys.

His southern outlaw country rock genre ran the gamut at the concert. The outlaw appeal of an award-winning artist with five albums under his belt came out with 2009’s “Smoke a Little Smoke,” written with his known cannabis advocacy in mind; and his No. 1 single from 2012, “Drink in My Hand” – which joins the mega hit “Springsteen” on his widely popular 2011 album “Chief.” “Cold One” from the 2014 “Outsiders” album also got the crowd jumping, yelling and raising their drinks.

“Doing OK?” he asked, holding up his own beverage. The crowd roared.

With a few fist pumps and lunges to the edge of the stage, Church often smiled and looked tickled by how engaged his audience was.



Fans show their love for Eric Church. Photo/Kathryn Reed

During “These Boots” from his 2006 “Sinners Like Me” album, some in the crowd threw their cowboy boots up on the stage. Church implied they’ve “saved his ass” a few times, even while holding up a red kiddie boot that appears too young to worry about such things.

Beyond the raucous image, Church demonstrated how quickly he can rotate from hard-driving electric guitar to acoustic with sentimental tunes that touch at heart strings.

His huge hit “Give Me Back My Hometown” shows his appreciation of his geographic roots complete with a “Pizza Hut,” and the crowd reciprocated. As many do, the first-timer to the area also mentioned how lucky Tahoe residents have it with the region’s stunning beauty.

And with love you baby “Like a Wrecking Ball,” he gave the audience a glimpse of what it’s like to come home from his on-the-road excursions.

A few women even made a banner to acknowledge their fan club-like appreciation of reckless love by recklessly trying to gain access to the stage. Security stopped them temporarily, but Church ended up signing the banner later in the show.

More of the sentimental that had the crowd swooning and swaying, Church launched into his new smash hit “Record Year” – with the crowd immediately recognizing it. At first, the song from “Mr. Misunderstood” is just that. But it’s really about how he dealt with the loss of a love.

At times, the country artist marveled by his fans’ enthusiasm.

“You know, I’ve played this song countless times, but I’m not sure if anything is better than this right here,” he said, stopping to admire the crowd. He stood there with two American flags handed to him, draped around his neck as he played his mega hit “Springsteen” about a love affair.

Upon ripping into “Holdin’ My Own,” Church touched his heart to say goodbye on his last song running long past 10pm. But he returned for an encore of “Like Jesus Does” – an acoustic number about lasting love.

“This is the greatest thing music does. It freezes this moment in time. We haven’t played for a while, so this moment is frozen for me. The way you stepped in to sing. I want to say you’re the greatest,” he told the crowd with a bow.

Church plays again Sunday evening to wrap up the Harveys Outdoor Summer Concert Series.

Proper tree planting, care critical to survival

By Melinda Myers

Whether planting a tree to add seasonal beauty, grow backyard fruit, provide a bit of shade, or reduce energy costs, it’s a big upfront investment. Make the most of your money spent by giving your tree its best chance at survival with proper planting and care.

Now is a great time to plant trees. Cooler air temperatures make it less stressful on newly planted trees and the gardeners planting them.

Select a tree suited to the growing conditions. Make sure it tolerates the sunlight, soil and temperature extremes. Check the tag for the mature height and spread. You’ll have a better-looking plant that always fits the space with minimal pruning.



The GreenWell water saver contains and concentrates the water where it is

needed during a tree’s critical root establishment phase. Photo/Provided

Plant it correctly to ensure your tree thrives for many years to come. Dig a saucer shaped hole three to five times wider than the root ball. It should only be as deep as the distance from the root flare to the bottom of the root ball. The root flare, where the roots bend away from the trunk, should always be at or slightly above the soil surface.

Set the tree in the hole, then peel back and cut away any burlap and wire cages. These can eventually constrict root growth. Roughen the sides of the hole and backfill with the existing soil. Water thoroughly to moisten the roots and surrounding soil.

Continue to water thoroughly whenever the top few inches of soil are crumbly and moist. Proper watering, especially during the first two years, is critical for establishing trees. Watering thoroughly as needed encourages deep roots and a more drought tolerant and pest resistant tree.

Make the job easier with a watering aid like GreenWell water saver. This contains and concentrates the water where it is needed, acting as an insurance policy for your tree during the critical root establishment phase. It also holds the mulch in place and prevents weed whips and mowers from damaging your tree.

Be sure to mulch the soil surface with a two- to three-inch layer of woodchips or shredded bark to conserve water, suppress weeds and improve the soil as it decomposes. Pull the mulch back from the trunk of the tree to avoid disease problems.

Remove any tags that can eventually girdle the tree and prune

out any broken or rubbing branches. Wait a year to fertilize and two years, once the tree is established, for additional pruning.

Continue providing tender loving care for at least the first two years. Make regular checkups, prune to create a strong structure, and keep grass, weeds and lawn care equipment away from the trunk throughout the lifetime of your tree. Your efforts will be rewarded with years of beauty, shade, and for some bushels of fresh fruit.

Gardening expert Melinda Myers has more than 30 years of horticulture experience and has written more than 20 gardening books, including "Small Space Gardening." Myers is the host of the Great Courses "How to Grow Anything" DVD series and the nationally syndicated "Melinda's Garden Moment" TV and radio segments.

Tahoe City clothing event just for women

Alpenglow Sports in Tahoe City is having an event just for women on Sept. 27 from 6:30-9pm.

Anita Sports Bras will have bras for every body type and activity. Whether you need a bra for low impact activities like yoga, or high impact sports like running that bra will be available.

This will be a great opportunity to gather your teammates, running partners, and yoga girlfriends to try and buy the best sports bras, handpicked for you by the Alpenglow staff.

In addition to sports bras, RYPwear Skirts will be at the event. They are designed by athletes for athletes.

Tahoe Womens Backcountry will also be sharing what they have planned for the upcoming season.

Air quality warning for Placer County

The Placer County Public Health Officer and Placer County Air Pollution Control Officer are issuing a joint air quality advisory to notify the public of the potential of poor air quality conditions due to multiple fires occurring throughout the state, as well as the continued excessive heat. This advisory will be active Sept. 1-4.

Smoke may affect portions of Placer County from the Sacramento Valley up into the Lake Tahoe area, dependent upon wind direction, until the fires are extinguished. In the evenings, smoke tends to move downhill becoming more concentrated in lower elevation areas including western Placer County, the foothills and the valley regions of Lake Tahoe.

In the afternoon and early evening hours, conditions may improve as smoke rises.

Smoke contains very tiny particles that can be inhaled deep into the lungs. While all people may experience varying degrees of symptoms, the more sensitive individuals, such as young, aged and those with respiratory conditions, are of greatest risk of experiencing more aggravated symptoms. Symptoms may include, but are not limited to, coughing, watery and itchy eyes, scratchy throat and difficulty in breathing.

If you can see or smell smoke, avoid all unnecessary outdoor activities, especially if you are in an area where visibility is greatly reduced.