

# How much is too much with marijuana edibles?



Marijuana edibles are a big seller in Nevada. Photo Copyright 2018 Carolyn E. Wright

**By Chris Kudialis, Las Vegas Sun**

Open a pack of convenience store gummy candies and it's hard not to grab a handful at a time to satisfy your craving.

But doing the same for a tube of marijuana gummy candies could leave users on the floor.

Marijuana edibles have quickly become a hot seller in the first seven months of legalized pot in Nevada, with as much as 45 percent of all weed sales being edibles, according to figures from several dispensary owners.

**Read the whole story**

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# Speed skier Steve McKinney to be honored

Squaw Valley Institute will be honoring Steve McKinney, a pioneer in U.S. skiing known as the “speed king,” on April 12.

He will be awarded a posthumous Hall of Fame honor for his groundbreaking role in extreme and speed skiing. He was an American alpine skier and mountaineer who is acknowledged as an early pioneer in the sport of extreme skiing. In 1978 McKinney broke speed records with a run clocked at 124.137 mph, making him the first skier to break the 200km/h barrier. He then went on to set seven world speed skiing records around the globe between 1974-87. In the 1980s, McKinney became an accomplished mountain climber. In 1986 he led an expedition to Mount Everest during which he became the first person to fly a hang-glider off the highest mountain in the world.

A keynote will be given by world record speed skier and noted ski journalist Dick Dorworth. Dorworth was one of McKinney’s closest lifelong friends and ski partner.

Tamara McKinney, Steve McKinney’s younger sister, will share intimate inside perspectives on the life and legends of McKinney with never before seen movie footage. Tamara McKinney her is a World Cup champion and Olympian with a ski career that is unrivaled.

The evening will be topped off with music performance with Barry Thys and the Nomads and Kendal Naughton as well as special performance guests Jeff Martin, Debbie Dutton as well as Olympian, Marcus Naish.

The event will be at the Olympic Village Lodge in Squaw

Valley. Admission is free for SVI members. Admission with advance ticket purchase is \$20 per adult, \$10 per child/student and \$25 per adult at the door. Doors open at 5pm, opening presentation starts at 6pm. Cash bar and pizza by Fireside will be available for purchase.

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## **Invasive species topic of contest for youths**

The California Department of Fish and Wildlife is looking for artists and future biologists to participate in the California Invasive Species Youth Art Contest. This year's theme is Pledge to Not Spread.

Students in grades 2-12 are eligible to enter the annual contest. All types of media are welcome, including paintings, animations, comic strips, videos, public service announcements, and more. Entries should depict what Californians could do to stop the spread of invasive species, along with appropriate messaging (for example, a written pledge to not release pets).

Winners will be chosen in three divisions: grades 2-4, 5-8 and 9-12. Winners from each division will receive awards and have their artwork displayed on CDFW's Invasive Species Action Week webpage. The submission judged best overall will receive the Invasive Species Program Choice Award.

The deadline for submissions is May 4, either by email or regular mail. The entry form is **online**.

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# Placerville teen still a contender on 'The Voice'

By Benjy Egel, Sacramento Bee

Placerville native Jaclyn Lovey was edged out by her competitor on NBC's "The Voice" Monday night, but show judge and country star Blake Shelton saved the 17-year-old by pulling her onto his team and pushing her through the singing showcase's battle round.

Lovey and North Carolina native Britton Buchanan both wowed in their rendition of Ed Sheeran's "Thinking Out Loud," with each artist earning "A" grades from TV Line later that night.

[Read the whole story](#)

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## Time to audition for Valhalla musical theater production

"Broadway in Blue" is anticipated to be an energetic showcase of Golden Age and contemporary musical theater songs to be presented as a musical review at Valhalla July 6-8 and July 13-15.

Producer/director Gabriella Giocomo will be casting from out of town. Auditions packages are due April 10 to be considered. People will have the opportunity to audition with a full song.

This production will be partly custom-tailored to the cast. There will be group numbers and solos, and light staging. Three men and three women are needed.

For more info, go **online**.

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# **Ideal female body type getting harder to attain**

**By Frances Bozsik and Brooke L. Bennett**

Day after day, we're bombarded with so many media messages that rarely do we stop to think about what they're telling us to think, do or feel.

Much has been written about the unrealistic beauty standards women have been held to. Female actresses, models and TV personalities are overwhelmingly thin, which has had a detrimental effect on the eating habits and self-esteem of countless women.

But in recent years, we've noticed something else: Media targeting women have featured models who are not only exceedingly thin, but also muscular.

As psychologists who study body image issues, we wanted to test whether women are aware of this trend – and whether they're aspiring for this look themselves.

## **The body gap grows**

By now, most women are probably aware of the discrepancy between their bodies and the impossibly thin women who appear on TV and in magazines.

This disparity was first identified in a 1980 study that compared the body weights of regular American women to prominent media figures, Miss America contestants and Playboy centerfolds. The researchers found that between 1959 and 1978, average female weights in the general population increased, while the women appearing in the media were actually getting thinner.

This matters because, particularly for women, exposure to thinner bodies contributes to body dissatisfaction, which can worsen your mood and lead to lower self-esteem. Those who aspire to this ideal figure can end up engaging in negative behaviors like restrictive eating or purging.

In a 2002 study, researchers exposed women on the island of Fiji to Western television. Before the study, island inhabitants had preferred larger female figures, seeing them as a sign of health. But following the introduction of Western television, the researchers found that women were much more likely to engage in disordered eating behaviors such as vomiting and restrictive dieting, all in a quest to appear thin.

### **The birth of 'fitspiration' – and a new norm?**

While media messages continue to encourage women to change their bodies, the platforms being used to consume media are changing.

In recent years social media use has exploded. On many of these platforms, women are able to choose what content to follow and "like." Social media sites, from Facebook to Instagram, then take this information and feed it into an algorithm, which then influences the content that's advertised and shown to users on their feeds.

One trend that has gained traction is "fitspiration." These are images and videos that depict women engaged in workouts or poses that highlight particular muscle groups like the abdomen

or buttocks.

In promoting muscularity, these images seem to be promoting healthy exercise. But analyses of the text accompanying the images have found that they often include guilt-inducing messages that focus on body image (e.g. "Suck it up now, so you don't have to suck it in later").

In fact, one study has shown that an overwhelming percentage (72 percent) of these posts emphasize appearance, rather than health (22 percent).

And it's an appearance that's not only muscular, but also thin.

Is this the new ideal?

Our studies sought to answer this question.

In the first, we presented 78 undergraduate female participants with images of Miss USA winners between 1999 and 2013. Because winners are selected annually, they serve as a relevant representation of what is considered attractive. For the study, we depicted the pageant winners from the neck down wearing black two-piece swimsuits. Participants then rated each winner on her level of thinness, muscularity and attractiveness. The ratings demonstrated that the winners became thinner and more muscular over the 15-year span.

In a second study, we wanted to examine whether women had begun to prefer this thin, toned body type.

So we presented 64 undergraduate female participants with two versions of seven different images. One version featured a thin, muscular model. In the other, the muscle tone and definition were digitally removed, leaving the model appearing to be only thin. Participants viewed these images one by one in random order and were asked to rate them on thinness, muscularity and attractiveness, and to identify how typical

they were of images in the media.

Results showed that participants could detect the difference in muscularity among the images and rated all of them as typical of media images. However, they did not clearly identify one type of figure as being more attractive than the other.

In a final portion of this study, we showed participants the pair of images side by side and asked them to identify which they preferred. When presented with the images in this format, participants overwhelmingly chose the thin and muscular image over the thin-only image.

Benign implications, pernicious effects

You might wonder: Isn't it healthy that women are increasingly preferring muscularity?

Studies have examined the impact of viewing thin and toned bodies, and have found that they have a negative impact on the body image of female viewers. Just like the previous studies on media images that promote thinness, seeing thin, muscular women can lead to a negative mood and decreased body satisfaction.

It is the addition of muscularity to thinness that has this impact; if women see other women who are fit but not thin, then we don't see the same effect.

It seems as though the quest for a toned body adds just one more thing to strive for – another layer of pressure for women. Not only do they need to restrict caloric intake, but they also need to add a muscle-building exercise routine.

Because there's a deceitful aspect of rhetoric surrounding "fitspiration" – with benign implications that it's simply all about being healthy – we fear that our culture may be in the midst of a more toxic promotion of an ideal female body that only leads to more dissatisfaction.



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# A history of loneliness

**By Amelia S. Worsley, *The Conversation***

Is loneliness our modern malaise?

Former U.S. Surgeon General Vivek Murthy says the most common pathology he saw during his years of service “was not heart disease or diabetes; it was loneliness.”

Chronic loneliness, some say, is like “smoking 15 cigarettes a day.” It “kills more people than obesity.”

Because loneliness is now considered a public health issue – and even an epidemic – people are exploring its causes and trying to find solutions.

While writing a book on the history of how poets wrote about loneliness in the Romantic Period, I discovered that loneliness is a relatively new concept and once had an easy cure. However, as the concept’s meaning has transformed, finding solutions has become harder.

Returning to the origins of the word – and understanding how its meaning has changed through time – gives us a new way to think about modern loneliness, and the ways in which we might address it.

**The dangers of venturing into ‘lonelinesses’**

Although loneliness may seem like a timeless, universal experience, it seems to have originated in the late 16th century, when it signaled the danger created by being too far from other people.

In early modern Britain, to stray too far from society was to surrender the protections it provided. Distant forests and mountains inspired fear, and a lonely space was a place in which you might meet someone who could do you harm, with no one else around to help.

In order to frighten their congregations out of sin, sermon writers asked people to imagine themselves in “lonelinesses” – places like hell, the grave or the desert.

Yet well into the 17th century, the words “loneliness” and “lonely” rarely appeared in writing. In 1674, the naturalist John Ray compiled a glossary of infrequently used words. He included “loneliness” in his list, defining it as a term used to describe places and people “far from neighbours.”

John Milton’s 1667 epic poem “Paradise Lost” features one of the first lonely characters in all of British literature: Satan. On his journey to the garden of Eden to tempt Eve, Satan treads “lonely steps” out of hell. But Milton isn’t writing about Satan’s feelings; instead, he’s emphasizing that he’s crossing into the ultimate wilderness, a space between hell and Eden where no angel has previously ventured.

Satan describes his loneliness in terms of vulnerability: “From them I go / This uncouth errand sole, and one for all / Myself expose, with lonely steps to tread / Th’ unfounded deep.”

### **The dilemma of modern loneliness**

Even if we now enjoy the wilderness as a place of adventure and pleasure, the fear of loneliness persists. The problem has simply moved into our cities.

Many are trying to solve it by bringing people physically closer to their neighbors. Studies point to a spike in the number of people who live alone and the breakdown of family and community structures.

British Prime Minister Theresa May has set her sights on “combating” loneliness and appointed a minister of loneliness to do just that in January. There is even a philanthropy called the “Campaign to End Loneliness.”

But the drive to cure loneliness oversimplifies its modern meaning.

In the 17th century, when loneliness was usually relegated to the space outside the city, solving it was easy. It merely required a return to society.

However, loneliness has since moved inward – and has become much harder to cure. Because it’s taken up residence inside minds, even the minds of people living in bustling cities, it can’t always be solved by company.

Modern loneliness isn’t just about being physically removed from other people. Instead, it’s an emotional state of feeling apart from others – without necessarily being so.

Someone surrounded by people, or even accompanied by friends or a lover, can complain of feelings of loneliness. The wilderness is now inside of us.

### **Populating the wilderness of the mind**

The lack of an obvious cure to loneliness is part of the reason why it is considered to be so dangerous today: The abstraction is frightening.

Counterintuitively, however, the secret to dealing with modern loneliness might lie not in trying to make it disappear but in finding ways to dwell within its abstractions, talk through its contradictions and seek out others who feel the same way.

While it's certainly important to pay attention to the structures that have led people (especially elderly, disabled and other vulnerable people) to be physically isolated and therefore unwell, finding ways to destigmatize loneliness is also crucial.

Acknowledging that loneliness is a profoundly human and sometimes incurable experience rather than a mere pathology might allow people – especially lonely people – to find commonality.

In order to look at the “epidemic of loneliness” as more than just an “epidemic of isolation,” it's important to consider why the spaces of different people's minds might feel like wildernesses in the first place.

Everyone experiences loneliness differently, and many find it difficult to describe. As the novelist Joseph Conrad wrote, “Who knows what true loneliness is – not the conventional word but the naked terror? To the lonely themselves it wears a mask.” Learning about the range of ways others experience loneliness could help mitigate the kind of disorientation Conrad describes.

Reading literature can also make the mind feel like less of a wilderness. The books we read need not themselves be about loneliness, though there are lots of examples of these, from “Frankenstein” to “Invisible Man.” Reading allows readers to connect with characters who might also be lonely; but more importantly, it offers a way to make the mind feel as though it is populated.

Literature also offers examples of how to be lonely together. British Romantic poets often copied each other's loneliness and found it productive and fulfilling.

There are opportunities for community in loneliness when we share it, whether in face-to-face interactions or through text. Though loneliness can be debilitating, it has come a

long way from its origins as a synonym for isolation.

As the poet Ocean Vuong wrote, “loneliness is still time spent with the world.”

*Amelia S. Worsley is an assistant professor of English at Amherst College.*

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## **Road Beat: 2018 Lexus NX 300 F Sport, smooth and slick**



The NX 300 F Sport is worth a drive. Photos/Larry Weitzman

**By Larry Weitzman**

Lexus is known for two things among several – fit, finish and smoothness. Of course there are other qualities such as build quality and reliability, but the first thing noticed was the NX's smoothness in motion.

NX comes in many variations, a 200t, a 300h, and in my tester's case, an NX 300 F Sport, a version that comes standard with a sport-tuned suspension, paddle shifters, special metallic trim, and bigger special 18 x 7.5-inch wheels with 225/60 series rubber all season tires and for the real sporting types 235/55 summer tires.

NX is a compact luxo CUV that rides on a 105-inch wheelbase and stretches out just 182 inches. But its width of 74 inches adds some aggressive muscle while it stands a rather stout 65 inches. Its sleekness is created by its huge, flowing Lionizes grille and its window line. It is an attractive ride.

Powering the NX 300 is a 2.0L twin scroll turbo intercooled, DOHC, 16 valve inline four-cylinder engine that knocks down 235 large horse which arrive at a low 4,800 rpm and stays there until 5,600 rpm. When you add that to a perfectly flat torque curve that peaks at 258 pounds of twist at an off-idle 1,650 rpm and holds that number until 4,000 rpm.

While most cars have gone to 8 and even 10 speed cog-swappers, the NX still survives on a six speeder which was state of the art just a few years ago but it still performs admirably shoving the AWD NX to 60 mph in just 7.02 seconds. Passing performance is also exemplary with a 50-70 mph simulated passing maneuver requiring a scant 3.38 seconds and the same run uphill slowing that time to just 4.67 seconds.



## **Specifications**

**Price** \$34,480 to about \$45,000 plus \$925 for destination

### **Engine**

2.0L DOHC 16 Valve  
Turbocharged inline four 235  
hp @ 4,800-5,600 rpm  
258 lb-ft of torque @  
1,650-4,000 rpm

### **Transmission**

Six-speed torque converter  
automatic

### **Configuration**

Transverse front engine/  
FWD/AWD

### **Dimensions**

Wheelbase 104.7 inches  
Length 182.3 inches  
Width 73.6 inches  
Height 64.8 inches  
Track (f/r) 61.8/61.8 inches  
Ground Clearance 6.9 inches  
Weight (fwd/awd) 3,940/4,050  
pounds  
GVWR (fwd/awd) 5,090/5,200  
pounds  
Tow capacity 2,000pounds  
Fuel Capacity 15.9 gallons

Cargo capacity (second row up/down) 17.7/54.6 cubic feet

Wheels (std/opt) 17X7/18X7.5 inches

Tires (std/opt) 225/65X17; 225/60X18; 235/55X18

Steering lock to lock 2.68 turns

Turning circle 37.4 feet

Co-efficient of drag 0.34

### **Performance**

0-60 mph 7.02 seconds

50-70 mph 3.38 seconds

50-70 mph uphill 4.67 seconds

Fuel economy EPA rated 22/27/24 mpg

city/highway/combined.

Expect 28-29 mpg on the highway at legal speeds and

24-26 mpg in suburban driving.

Throttle response isn't quite linear as the boost at certain times reflects either a little bit of turbo lag or overboost. Not a problem, but something the sensitive driving might notice.

In my last NX review, which was a hybrid of a combined 194 hp, performance was a little off when compared to the NX 300, but over half a second to 60 mph and by a second and a second and a half in the two passing tests. But fuel economy does suffer by at least 10-15 percent with the turboed 300 which is rated in the EPA tests at 22/27/24 mpg city/highway/combined for the AWD unit.



Reality says the numbers are conservative as the NX averaged 28.5 mpg in a two-way 70 mph highway run if about 20 miles. In an aggressive round trip to Carson City over Echo Summit the NX averaged 26 mpg. Overall expect about 25 mpg as I averaged about 25.4 mpg for the 400 miles of testing. The Hybrid version should average about 5 mpg more.

Handling is what the NX and especially the F Sport is all about. It is amazing how a tall CUV can still negotiate corners at speed, with confidence and whatever. NX has the creds, with Mac struts up front and a double wishbone system in the rear. Track is a wide 62 inches front and rear. The electric power rack is very quick at 2.68 turns lock to lock and a turning circle of 37.4 feet. Wheels and tires are big and meaty turning the NX into a sporting sedan. Beautiful. Even with AWD there was some torque steer under heavy, low speed throttle applications.

And it gives up nothing in ride quality with an uncanny smoothness and ride quality. It absorbs bumps with aplomb and head tossing is kept to a minimum. This NX came with adaptive variable suspension, \$770. Engine speed at 70 mph is a reasonably low 2,200 as outside noise is kept to a Lexus minimum. Nice job, Lexus, considering the AWD model weighs 4,050 with a GVWR of 5,200 pounds giving the NX a big payload of 1,150 pounds.

Safety starts with Lexus Safety System plus which includes Things like lane keep steering assist and automatic high beams. And the Bi-LED headlights are fabulous. All the other safety acronyms are present as well as large four-wheel disc brakes (fronts ventilated).

Inside are great seats covered in what I thought was leather, but wasn't, it was a Lexus' material called NuLuxe. It fooled me. The steering wheel is leather. While instrumentation is complete, the center stack protrudes a bit into the cabin and the sound system. But the system is controlled by a mouse

system. Ever wish for rat poison? Buttons and round knobs are much easier to use and manipulate, never mind being more accurate.

NX's sleek shape does put at average for interior volume with a cargo capacity of 55 cubes behind the front chairs and 18 cubes behind the second row, still voluminous enough to do serious damage at your local Home Depot or Lowe's.

Base price for this NX 300 AWD F Sport is \$39,775 plus \$995 for the boat suite from its Fukuoka, Japan assembly plant or \$40,770 with the F Sport package adding an additional \$2,685.

Nav and the Premium sound system adds another \$1,800 and the LED headlights with auto high beam plus some other safety stuff will add \$1,515. Other items including the \$595 for the premium Transonic Blue Mica paint added about \$3,350 bring the total sticker to \$50,325.

*Larry Weitzman has been into cars since he was 5 years old. At 8 he could recite from memory the hp of every car made in the U.S. He has put in thousands of laps on racetracks all over the Western United States.*

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# Plant lilies for a summer garden

**By Melinda Myers**

Lilies add long-lasting color and fragrance to flower gardens and summer bouquets. These stately flowers provide vertical interest and blend nicely with other perennials. And best of all, with very little care, you'll be enjoying them for years to come.

Plant different types of lilies to extend your enjoyment from early summer into fall. The colorful and often fragrant blossoms add elegance to any bouquet and are long-lasting in a vase.

Start off the summer with Asiatic lilies. These compact plants have upward or outward facing blooms, and though they are not fragrant, they do come in bright colors that will light up your early summer garden. All are hardy in zones 4 to 9.



Kaveri lilies bloom mid-summer and enliven gardens with their golden yellow petals painted with tangerine and burgundy. Photo/Longfield-Gardens.com

The next lilies to bloom are LA Hybrids. These trumpet-shaped lilies are a cross between fragrant Easter lilies (*Lilium longiflorum*) and colorful Asiatics. Choose from an array of rich colors including cream, pink, yellow, orange and red. Hardy in zones 4 to 9.

The dainty blossoms of turk's cap lilies open in early summer. Also known as Martagon lilies, these flowers have recurved petals and look like they are dangling from an upside-down candelabra. Hardy in zones 3 to 9, these lilies prefer partially shaded gardens and woodland edges.

Trumpet lilies steal the show in midsummer. Like their close relative the Easter lily, these big, outward-facing blossoms have long trumpets and are wonderfully fragrant. Hardy in zones 4 to 9.

Another group of midsummer lilies are the Oriental-Asiatic (OA) hybrids. These have the compact height and outward facing flowers of Asiatics and the larger flowers and heady fragrance of Orientals. Look for the variety Kaveri, which has golden yellow petals touched with tangerine and burgundy. Hardy in zones 4 to 9.

Species lilies have downward facing flowers with reflexed petals and extra-long stamens. Bloom times vary. Lady Alice (*Lilium henryi*) and coral lilies (*Lilium pumilum*) flower a full month before tiger lilies (*Lilium lancifolium*). The latter are treasured for their big orange flowers and prominent black spots. Over time, tiger lilies form impressive clumps, with towering, 4-foot stems. Hardy in zones 3 to 9.

Oriental-Trumpet (OT) lilies are hybrids with fragrant, upward-facing flowers that can measure 9" across. Colors range from maroon and rose pink through gold and cream. The cool yellow flowers of Yelloween make this OT lily a favorite among florists. Hardy in zones 4 to 9.

The lily season ends with a bang, when the Oriental lilies begin to bloom. These big, open-faced flowers have a spicy fragrance that can perfume an entire garden. A wide range of colors, including the popular variety Stargazer, invites lots of creative pairings in the garden and in a vase. Hardy in zones 5 to 9.

Now is the time to order your lily bulbs. The earlier you shop the more choices you'll have. Lily bulbs planted this spring will flower this summer and return to bloom again for years to come.

*Melinda Myers is the author of more than 20 gardening books,*

*including “Small Space Gardening.” She hosts the Great Courses “How to Grow Anything” DVD series and the nationally syndicated “Melinda’s Garden Moment” TV and radio segments.*

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# The tools you need to prevent disease

**By Health and Life**

Health care in the United States historically has been focused on treating the symptoms of sickness. The scientific accomplishments in this area are truly astonishing, but despite these advances, the American population as a whole isn't healthier. In fact, chronic diseases are on the rise.



Greg Bergner

To combat this in our own community, Barton Health will soon be offering the Complete Health Improvement Program (CHIP), a national program proven to improve health and wellness. CHIP is designed to help people reduce their risk for disease through better health habits and lifestyle changes. *Health and Life* spoke with Gregory Bergner, Barton Health medical director of lifestyle and wellness, to learn more about this program and who it can help.

**Health and Life:** *Why is it so important to focus on chronic diseases?*

**Bergner:** Chronic diseases rob us of function, reduce our quality of life, and usually result in premature death. Examples include heart disease, diabetes, hypertension, and obesity. These chronic diseases are now responsible for more than 75 percent of health care costs. And physical diseases aren't the only conditions keeping us from reaching our full potential. Mental conditions such as stress, depression, or lacking a sense of purpose in life also take their toll.

**Health and Life:** *So how do we reverse this sobering trend?*

**Bergner:** There is hope in dealing with these health conditions. What many people don't realize is that these diseases are preventable, or can be slowed—and even reversed—with simple, inexpensive changes in our lifestyles. Mounting scientific evidence backs this up.

**Health and Life:** *How is Barton Health working to improve the health of our own population?*

**Bergner:** Promoting wellness in our community is the foundation of the new Barton Center for Orthopedics & Wellness. We're excited to be offering innovative wellness programs based on four pillars of good health: Nutrition, Exercise, Stress Management, and Having a Sense of Purpose in Life. We're combining conventional medicine with evidence-based alternative therapies to support a "whole-person approach" to better health.

CHIP is one example of how we're doing this. This nationally recognized program focuses on those four pillars. It's an intensive educational program with 18 sessions running over three months. Participants are guided through the stages of lifestyle change. They learn how to make positive changes—such as exercising more often—and then learn to maintain them. The group setting provides support to help people stick with their

new health habits and build accountability. The goal is to lower cholesterol, reduce hypertension and blood sugar levels, and reduce excess weight.