‘Brroque Masters’

Tahoe Symphony Orchestra & Chorus presents “Brrroque Masters” on March 8, 11, 14 and 16.

The program features guest cellist Jeffrey Lastrapes in a program that includes works by Bach, Couperin, Vivaldi, Scarlatti, and Handel.

The series kickoff March 8 at West Shore Café in Homewood. Appetizers and wine start at 4:30pm, the concert at 5pm, and a four-course dinner with three gourmet wines starts at 7pm. Tickets for concert and dinner are $110 and are limited to 60 people. Concert without dinner is $45.

Other performances are March 11 at 3pm in St. Theresa Catholic Church in South Lake Tahoe; March 14 at 7pm in Trinity Church, Reno; and March 16 at 7pm in St. Patrick’s Church, Incline Village.

Tickets for these concerts are $25 adults, $20 seniors, and $5 students age 19-25. Tickets can be purchased at the door with cash or check or online with credit card. Preferred seating is available for $35. For more information or preferred seating, call (775) 313.9697 or go online.

Reid, Berkley give up Whittemore campaign donations

By Martha Bellisle, Reno Gazette-Journal

After agents with the Federal Bureau of Investigation served subpoenas to former and current employees and associates of

Nevada power broker Harvey Whittemore in an investigation into his campaign contribution activities, at least one member of Congress moved to distance himself from the controversy.

Kristen Orthman, a spokeswoman for Sen. Harry Reid, D-Nev., said Reid has given up Whittemore contributions.

“Sen. Reid has already donated the contributions made by Mr. Whittemore and his spouse to charity,” Orthman said. “His office will continue to review other contributions associated with Mr. Whittemore, and treat them appropriately.”

Orthman didn’t respond to requests for clarification on when Reid donated the money.

Whittemore did not immediately respond to requests for comment, but his Las Vegas lawyer’s firm released a statement about the FBI subpoenas.

Read the whole story

Future U.S. Olympic bid in limbo

By Reno Gazette-Journal

A decade has passed since Apolo Anton Ohno, Derek Parra and Sarah Hughes took their golden turns on the Salt Lake City Olympic ice; since U.S. men swept snowboard medals in a Utah halfpipe; since Vonetta Flowers rode a Park City bobsled run to history, becoming the first black Winter Games champion.



In those 10 years, the U.S. Olympic Committee has tried twice to bring another Olympics to U.S. soil.

And failed miserably.

As Salt Lake City marks the 10th anniversary of its Games – the opening ceremony was on Feb. 8, 2002 – U.S. Olympic bid ambitions are on hold while the USOC and the International Olympic Committee jockey over revenue sharing.

The earliest the USA could host another Olympics is 2022, when a Winter Games will be held. It could be much later.

“We’re not considering a winter or a summer bid right now,” says Scott Blackmun, the USOC’s chief executive officer.

That’s nothing to panic over, says Jon Killoran, CEO of the Reno-Tahoe Winter Games Coalition, which hopes to make a bid to bring the Winter Games to Reno-Tahoe in 2022. It’s part of the Olympic process, which often takes time.

“We’ve stated all along that the USOC has been very succinct in what they need to accomplish with the IOC in terms of a revenue-sharing agreement,” Killoran said. “We support and understand that process, and we continue to prepare ourselves so that at the appropriate time, when the USOC wants to move forward with the bid process, we can be ready to do that.”

Killoran said it was in 2009 when the IOC and USOC first began to negotiate the revenue-sharing agreement, and at that time they set 2013, prior to when the host of the 2020 Games will be announced (on Sept. 7, 2013) as a guideline to have an agreement in place.

Not having a home Games on the horizon, Blackmun says, affects

Olympic awareness among fans and impacts to some extent how much sponsor and donor money the USOC raises to train Olympians. Over time, it could diminish how well U.S. athletes perform.

“When we have a Games in the United States, it really connects us to the American public in a way that’s good for us and for our athletes long-term,” Blackmun says.

Read the whole story

Superpass Series coming to Sierra-at-Tahoe

The Superpass Series is a five-stop national slopestyle tour open to any amateur riders who thinks he or she has what it takes to win an invitation to SuperPark 16.

Sierra-at-Tahoe is the third stop on the tour – Feb. 12. Sierra is the only Tahoe stop for this rider-judged contest.

Get that perfect shot and it could end up in *Snowboarder* magazine.

For more information, go online or call (530) 659.7453.

Unity at the Lake moves into

permanent location

Unity at the Lake has moved into a sanctuary at 1195 Rufus Allen Blvd. in South Lake Tahoe after 17 years of meeting in the senior center.

Sunday celebration services are at 10am with Stew and Hillary Bittman and music by OneVoice. Sunday meditation is at 9:15am in the Annex.

Youth empowerment program and childcare are provided during the celebration service.

For more info, call (530) 544.2266 or go online.

Lawrence Livermore Lab studying groundwater in Martis Valley

Lawrence Livermore National Laboratory is studying climate change impacts to recharge and groundwater quality in the Martis Valley.

The Lawrence Livermore water aging study will help further the ongoing efforts to determine how the aquifer functions. Previous studies have indicated that some water in the Martis Valley groundwater basin may be in excess of 1,000 years old. The study will help further the ongoing efforts to determine

how the aquifer functions.

The study is being funded by the state Groundwater Ambient Monitoring & Assessment Special Studies Program. The results of the study will supplement the Martis Valley groundwater model being prepared under a separate grant to the Desert Research Institute by the Bureau of Reclamation.

The local water agencies – Truckee Donner Public Utility District, Northstar Community Services District and Placer County Water Agency – continue their partnership in developing a groundwater management plan and groundwater model for the Martis Valley basin. The partner agencies contributed $250,000 to the initial costs, based on their number of connections. This collaborative effort had previously leveraged an additional $500,000 in federal funding from the Bureau of Reclamation. The Bay Area lab study brings the total project funding to more than $1 million.

The Martis Valley aquifer includes a 35,000-acre area in Placer and Nevada counties. It is the main water supply for numerous public and private entities.

Leadership workshop for managers

The North Lake Tahoe Chamber of Commerce and the Truckee Donner Chamber of Commerce in partnership with the Sierra Human Resources Association are offering “The Manager as

Coach” Feb. 14 from 8:30am to noon at Cedar House Sport Hotel, 10918 Brockway Road, Truckee.

This workshop is designed to bolster leadership effectiveness, including how to juggle your priorities, deliver feedback, and handle concerns and difficult situations, as well as correct behavior and conduct an effective performance review.

Registration is $59/person for chamber and SHRA members and $69/person for non-members. To register and for more information about the workshop, call Laura Moriarty of SHRA at (530) 573. 0224 or North Lake Tahoe Chamber of Commerce Manager Kym Fabel at (530) 581.8764.

Planning the day makes the to-do list go away

By Mandy Kendall

Is failing to plan just planning to fail?

When I was growing up my mother was always writing lists. Lists for shopping, lists for things to do today, even lists of lists. I used to think she was a little obsessed with lists, but now I realize she was just a very good planner.



Mandy Kendall

It always amazed me how much she could accomplish in a day. I've come to realize her lists were a big part of that success.

I'm getting better at lists, and now realize that if I don't plan out the day, then all of a sudden the day is over and I really haven't accomplished much.

There's a law that explains this. It's called Parkinson's Law and it says that, "Work expands to fill the time available for its completion." So, if you have all day to do a load of laundry and go to the post office then that's probably how long it will take to do those tasks. Conversely, think how much you can get done when there is a deadline at work or if it's the day before you go on vacation.

Planning can focus your mind and prioritize things to make the best use of your time. Planning helps you assign time to a particular activity and highlights where you might need help in advance. Planning can stop you from waking up in the middle of the night worrying about all you have to do the next day and whether you can get it all done or not.

But how well do we plan? When planning a wedding, some people spend a year organizing that one day. But would you spend even one day organizing a whole year? Everyone seems to be talking about setting goals these days, but why should we?

You could think about not setting goals as like getting in boat, pulling up the sails but not putting the rudder in the water, or getting on a train without looking at its destination, and just hoping that the wind, or the train, will end up taking you where you want to go. Not the most effective way to guide your life, perhaps?

So here are a few *Qwik-e* (quick and easy) tips to help you plan:

- **Plan your day on paper:** spend 5 minutes, before you go to

sleep, writing down the things you need to achieve the next day. Assign each task a time in which to complete it. (Also the list will be handy should you wake during the night having remembered something else you need to do.) Then during the day have a bit of fun and compete with the clock to see if you can do it more quickly than you thought.

• **Eat the frog:** Do your least preferred task first. There's an old saying, "If the first thing you do when you wake up in the morning is eat a live frog, then nothing worse can happen for the rest of the day." Brian Tracy, world renowned life coach, says that your "frog" should be the most difficult item on your things to do list, the one you're most likely to procrastinate on; because, if you eat that first, it'll give you energy and momentum for the rest of the day. But, if you don't, and let him sit there on the plate and stare at you while you do a hundred unimportant things, it can drain your energy and you won't even know it.

• **Avoid time wasting activities:** We all know there are certain activities that should only take a few minutes but end up pulling us into a time wasting vortex. For example, if you must check email first thing in the morning give yourself an allotted time to answer the important ones and leave the rest until all your to do list is completed. Focus on the tasks that are going to help you have the most successful day first and leave those not so important tasks until the end of the day.

• **Plan for contingencies:** Add a little buffer time in your day for those unexpected things, like a delayed appointment. If your day goes smoothly, you will have a little spare time as an extra bonus.

• **Plan to play:** All work and no play makes us all dull and, frankly, not very happy people. Build in some time just for you, even if it's to walk the dog, chat with a friend or have a soak in the bath. If it's on your schedule, chances are

there will be time for it.

• **Refocus during the day:** Review your list regularly throughout the day and see if you are on track. If not, then reprioritize and carry on. Manage the day, don't let it manage you.

• **Recap at the end of the day:** Before you write tomorrow's plan, see where you might improve your time management. If there are any tasks left undone decide if they need to be top priority tomorrow or if they didn't get done because they really weren't that important or didn't serve your best interests in the first place.

Until next time!

Mandy Kendall operates Health Connective in South Lake Tahoe. If you have any questions, 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.

Opinion: Mayor should know better than to make empty promises

To the community,

She said it. The mayor, Claire Fortier, actually said it: The ice rink will be the hub. The hub of what isn't quite clear. Well, the town has heard wild claims before. For example, the Embassy Suites was supposed to be the Crown Jewel of Lake Tahoe. That was prior to its bankruptcy. And, of course, the

convention center was to be the town’s economic savior.

Bill Crawford

It’s a worn out story. The town has endured promises of “hubs” galore. But the public knows the score. And as a former editor the *Tahoe Daily Tribune*, Mayor Fortier ought to know. And presently, the ice rink is a large question mark. We have to wait to see if the city’ partnership with a private party to manage the ice rink will work for the tax paying public that financed the ice rink. Right now the hub’s wheel isn’t turning.

Bill Crawford, South Lake Tahoe

Fantasy writers to gather in Meyers

Bona Fide Books is hosting Lake Tahoe’s first local fantasy writers social Feb. 16 at 6:30pm at Bona Fide HQ, 1069 Magua St., No. 4 in Meyers.

Writers of all ages and levels of experience are welcome. Discuss your latest work or ideas for new projects with others who work in this genre.

For more information, call (530) 573.1513 or go online.