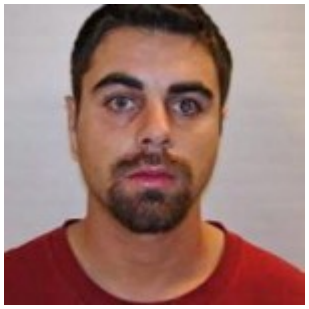
Gardnerville man wanted in connection with assault on 6 year old

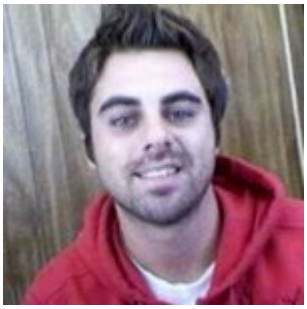
Douglas County sheriff's deputies are looking for 28-year-old Victor Manuel Mora Jr.

A felony arrest warrant was issued for Mora in December as a result of an investigation into a sexual assault of a 6-year-old girl. Mora is a fugitive from justice.

Secret Witness is offering a reward of $250 for information leading to the arrest and conviction of Mora in this incident.

He is described as male, Caucasian, 28, 5-foot-9, approximately 170 pounds, medium build, green eyes, medium length brown hair, and possible facial hair or goatee.





Two photographs of Mora are to the left.

Although a resident of Gardnerville, Mora is known to frequent the Carson City and Reno-Sparks areas.

Anyone with any information regarding the possible whereabouts of Mora is urged to call Douglas County Secret Witness at (775) 782.7463, or DCSO Investigator Nadine Chrzanowski at (775) 782.9907.

Artists’ reception at LTCC

The Haldan Art Gallery at Lake Tahoe Community College will open “Off the Press” on Jan. 12.

The exhibition of contemporary printmaking from artists of the Bay Area starts with an artists’ reception from 6-8pm that Thursday.

The exhibit will run through March 16. More information is online.

The photography of Nina Aegerter will be showing in the Foyer Gallery this winter and the talent of LTCC Art Department faculty and staff will be on display in the Student Gallery. These shows will run through March 17 and are free and open to the public during normal campus hours.

Undercover agents seize $20,000 in drugs at SnowGlobe

South Lake El Dorado Narcotics Enforcement Team agents were at the SnowGlobe Music Festival for two nights during the Dec. 29-31 event at Lake Tahoe Community College.

At the entrance people who had drugs or other items not allowed at the venue could dump them in “amnesty containers” – meaning they would not be cited or arrested for whatever they left behind. Some of the totals below reflect the goods that were seized in this manner.

The following are the number arrests-seizures agents made:

- 8 arrests
- 3.5 pounds marijuana (approximate value $10,500)
- 76 grams powdered MDMA (approximate value $6,000)
- 13 ecstasy pills ($195)
- 4 vials of LSD ($2,500)
- 64 miscellaneous pills ($1,000)
- 15 weapons (mostly edged weapons like knives).

– Lake Tahoe News staff report

Body of Truckee man pulled from Donner Lake

This morning divers at Donner Lake recovered the body of William Kiser.

The 24-year-old Truckee resident had been with a friend Jan. 2 when their canoe capsized. She was able to swim to shore and alert authorities that Kiser was missing.

Kiser’s body was found about 150 yards from shore in 15 feet of water at 11am Jan. 4.

An autopsy is scheduled to confirm exact cause of death.

It is not known if either person in the canoe had been wearing a life jacket.

– Lake Tahoe News staff report

Soup and Chili Showdown

The Soup and Chili Showdown is going into its third year at the Rideout Community Center in Tahoe City on Feb. 25. The Tahoe City Recreation Department is inviting all amateur and professional cooks to show off their culinary talent in this year's event which will feature a variety of categories in the soup and chili division.

Entry into the friendly competition is free, but preregistration is required. The event is from 6-8:30pm.

For more information, contact Shaun at (530) 583.3440, ext.14.

History: Photographers capture Lake Tahoe

Publisher's note: ***This is reprinted from the July 1988 Lake Tahoe Historical Society newsletter.***

No one has recorded the first appearance of a camera at Lake Tahoe but human beings have been attempting to capture its spectacular beauty for almost a century and a half. By the time tourists arrived at the lake to experience its beauty, the camera had already been around for several centuries The camera obscura, a box with a hole in it that let reflected light onto a glass plate or translucent paper had been known since the 17th century. Silver compounds had been found to be photosensitive and were used to make silhouettes of leaves,

flowers and other objects. It was unfortunate, and often treated as magic, that the images soon faded in the light.



In 1851, a new wet-glass process was devised. It still used light sensitive compounds suspended in liquid and, while the equipment was more cumbersome, it produced clearer, sharper pictures. This is the process used in the Civil War photographs of pioneer photographer Matthew Brady in his mobile, horse-draw darkroom.

In the 1880s, George Eastman produced film on a long paper strip and photography became popular. In 1881, R.E. Wood, who advertised himself as “the well-known photographer”, set up shop a few steps north of the Grand Central Hotel in Tahoe City. He had a “great variety of views about the lake for sale”, and was prepared to “do all classes of work in his line.” He took pictures of patrons of the hotel, individual or groups. He was also the testy and inventive printer and editor of the Tahoe Tattler.

There are many photographs existing of the lake and its environs from the 1890s and early 1900s. All manner of visitors to the lake were taking home memories of the scenery, the boats and the people from the lake of the sky.

The 35 millimeter camera was introduced in 1925, as well as color film, though a three camera process was still needed for the latter. There are portraits, for which the subjects had to remain very still, and a few pictures of interiors at the lake. But candid and scenic photos had to await the advances in film, the invention of flashbulbs in the 1930s and slide film, or positive color transparencies in 1935.

The new technology of the camera helped to make photography an art early in its history. Beginning with portrait studies, the art expanded to reportage, then to interpretation of life and

landscapes. Edward Muybridge and Thomas Eakins experimented with these forms and American's Alfred Steiglitz (sic) became the first photo-artist.

At Tahoe, C.O. Valentine set up shop in his own resort in the 1930s and took hundreds of views of the lake, the trees, the mountains and people enjoying them.

The advent of color film, Polaroid processes and TV recordings have, however, not made it any easier to capture on film the essence of the Tahoe Basin.

We know that technological progress helps, but the photographer's eye can only try to duplicate the glorious scenes that surround us. Casual visitor or longtime resident, we still attempt to keep the images alive through the lens of the camera.

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10 tips for how to exercise while at work

By Nathan Henley

Many of us spend our workdays sitting at a desk or a computer. Our shoulders get tense, our backs slouch over, and our fingers and hands are the only parts of our body that move for most of the day. With the new year here, many of us made resolutions to be healthier. Why not resolve to try some of these exercises while at work?



1. **Leave the car at home.** If possible, consider walking or riding a bike to work. If you use public transportation, you could start getting off a few stops ahead of time and walk the remaining distance. Even if you have to drive, you could park farther away. Also, skip the elevator and take the stairs.

2. **Stand up.** We burn more calories standing up than we do sitting down. Stand and walk around your office while on the phone. You might also consider getting a high table to work at for a few hours during the day. If you need to talk to a colleague, walk to their office rather than relying on texts and instant messaging.

3. **Take a break.** When you need to take a break, take a quick walk or do some stretches. Turn your head side to side, roll your shoulders forward and backward, and stretch your arms and legs.

4. **Sit on a fitness ball.** Get rid of your office chair and trade it for an inflated fitness ball (as long as you can safely balance on it). Sitting on one of these will improve your balance and your core muscles. You can also use the ball for exercise during breaks.

5. **Turn your cubicle into a gym.** Keep light hand weights or resistance bands in your office. You can easily do some arm curls in those five minutes before a meeting when you normally have nothing to do.

6. **Start a fitness club.** Find some co-workers who are interested in working out and organize a lunchtime fitness club. You can walk or jog around the block. This will improve workplace camaraderie and help you keep each other accountable for exercising.

7. **Make meetings active.** For informal meetings with one or two people, consider walking and talking. You can walk around the

building while talking or even go outside if the weather is nice.

8. **Speed up**. If your job involves walking in some way, try walking faster. You may need to switch your high heels for flats, but the quicker you walk, the more calories you'll burn.

9. **Plan your travel.** If you have to travel on the job, don't forget about exercise. If you're waiting around in an airport, you can take a walk around the terminal. Some equipment like tennis shoes, resistance bands, and jump ropes are easy to pack. Reserve a hotel with a fitness room. You could even bring a workout DVD with you and do it in your hotel room.

10. **Do two things at once.** If you truly want to work and exercise at the same time, consider turning a treadmill into a desk. James Levine of the Mayo Clinic came up with a desk that can be installed onto a treadmill so that it's possible to walk and work at the same time. Studies have shown that the average person can burn an extra 100 calories an hour while walking less than 1 mile/hour on the treadmill. Sound crazy? See it for yourself.

Nathan Henley is a sports psychologist who specializes in performance improvement and injury rehabilitation. He also owns the site Sports Psychology Degree for students interested in getting a degree in sports psychology.

Women’s center open house

After 35 years of doing business as the South Lake Tahoe Women’s Center, the agency is changing its name.

Historically known as a refuge for victims of domestic and sexual abuse, the agency is transitioning from a safe haven to a leader in communitywide violence prevention and intervention. Officials are hoping the new name speaks to the comprehensive and inclusive nature of the agency’s vision.

The name will be announced Jan. 19 during the open house from 5:30-7:30pm at 2941 Lake Tahoe Blvd. The unveiling of the new sign and logo will take place at 6pm.

For more information, contact Leanne Wagoner at (530) 544.2118, ext. 7620.

Study: Parents are the biggest obstacle to letting kids play

By Janice D’Arcy, Washington Post

A report on why children in day care are sedentary suggests that it’s not the care providers, but the parents, who are mostly to blame.

The study, “Societal Values and Policies May Curtail Preschool Children’s Physical Activity in Child Care Centers,” will be published in the February issue of Pediatrics and was published online today.

It focused on childcare centers where, according to previous research, close to three-fourths of pre-school-aged America children are enrolled and where they spend only 2 to 3 percent of their time playing vigorously.

Researchers set out to find out why so little time was spent playing. They studied 34 racially and demographically diverse Cincinnati-area child-care centers and found three consistent obstacles to exercise.

Providers told researchers that they felt pressure from parents to keep children from vigorous play that might lead to injury and also pressure to focus instead on academics.

Read the whole story

RAOK: Emotional freedom for people and animals

Larry Sabo is today's Random Acts of Kindness winner. He was nominated by a colleague who wanted him to be the recipient of the award because he demonstrated the Act of Kindness. He rescued a pigeon that flew into an office window, calmed it down and then took it to Lake Tahoe Wildlife Care.



Larry is the winner of a 45-minute Emotional Freedom Technique session with Rosemary Manning at Tahoe Health Touch.

Random Acts of Kindness is *Lake Tahoe News'* way to start off the year on a positive note by encouraging kindness. Local

businesses are supplying the rewards.

It’s free and easy to participate. All you have to do is perform a Random Act of Kindness, witness one or be the recipient of an act. Then tell us about it via a comment at the bottom of this story.

Each day through the month of January someone will be rewarded.

If you haven’t been picked, just keep trying. Winners are picked randomly.

For more details about Random Acts of Kindness and the few rules associated with it, check out this story.