Teter, Hight and Holland make Olympic team



By USSA

PARK CITY -â€“ Olympic gold medalists Shaun White (Carlsbad, CA), Kelly Clark (Mt. Snow, VT), Hannah Teter (South Lake Tahoe, CA), and Seth Wescott (Sugarloaf, ME) each highlight a talent-filled roster as the U.S. Ski and Snowboard Association (USSA) announced the 2010 Olympic Snowboarding Team Monday.

USSA President and CEO Bill Marolt, together with the U.S. Olympic Committee and Team partner Visa, announced the roster of 18 athletes to compete in the snowboard events at Cypress Mountain in Vancouver.

“We are going in to the 2010 Games with one of the strongest athletic lineups possible,” U.S. Snowboarding Head Coach Peter Foley said. “We’re hoping to go into Vancouver and build on the successes we saw in 2006. This Team is in position to do great things.”

After winning four of five events at the Sprint U.S. Snowboarding Grand Prix, White, who took the gold medal in 2006, has kept his stronghold on winning halfpipe events and will be a favorite in Vancouver.

“Shaun is truly an amazing competitor. After winning in 2006 he has been non-stop and has played a huge role in the progression halfpipe has seen in these past four years,” U.S. Snowboarding Halfpipe Head Coach Mike Jankowski said.

Joining White is a lineup of talented riders with unique style, including Louie Vito (Sandy, UT), who has back to back

double corks in his repertoire and Scotty Lago (Seabrook, NH) who reaches mesmerizing heights with each hit in the pipe. Greg Bretz (Mammoth Lakes, CA) who has the coveted double cork in his bag as well, completes the men's roster.

Danny Davis (Detroit, MI) would have qualified for the Olympic team with a fourth in the Grand Prix standings, but suffered an injury earlier this month that will keep him out of competition.

On the women's side of things, the Olympic Team will be comprised of the same talent it featured in 2006.

Clark also won four of the five Grand Prix stops to make the team, and has been using her time to lock down new tricks that she plans to add to her run as she looks for success in Vancouver.

Filling out the women's roster, Olympic silver medalist Gretchen Bleiler (Aspen, CO), Teter, and 2006 Olympian Elena Hight (South Lake Tahoe, CA) all bring the Olympic experience and heavy-hitting tricks to make the grade at Cypress Mountain.

Defending snowboardcross champ Wescott fills out one of the most talented SBX men's teams making its way to Vancouver.

"It was a huge battle to make this men's SBX team. Six different U.S. riders have already been on the World Cup podium this season, and only four of them make the Olympic Team," Foley said. "Vancouver is going to be an incredible fight for the podium, and our guys are ready for it."

Five-time X Games gold medalist Nate Holland (Squaw Valley, CA) is gunning for success after an unfortunate fall in the 2006 Games. After getting a surprise shot at being an Olympian in 2006, Graham Watanabe (Sun Valley, ID) is prepared for 2010, toting World Cup wins and an X Games silver medal on his way in. And, joining the seasoned Olympians is World

Championship bronze medalist Nick Baumgartner (Iron River, MI).

In the women's SBX field, Lindsey Jacobellis (Stratton Mountain, VT), who earned silver in 2006, has taken win after win in the four years leading up to the 2010 Games and looks strong going in to Vancouver.

Joining Jacobellis are Olympic newcomers and solid contenders Faye Gulini (Salt Lake City) and Callan Chythlook-Sifsof (Girdwood, AK).

Finalizing the Olympic Snowboarding Team are the alpine racers, who are led by 2006 Olympian Tyler Jewell (Steamboat Springs, CO), who came out on top of the team selection process.

Two-time Olympian and 2002 bronze medalist Chris Klug (Aspen, CO) joins Jewell for the men. He notched two top-eight results on the World Cup this season to grab his third team spot and was on the original Olympic Team in 1998 for the sport's debut. Michelle Gorgone (Boston), who also competed in 2006, will represent the U.S. for the women.

"Klugâ€™s hard work and perseverance have really paid off," Foley said. "What an amazing accomplishment it is for him to make the Olympic teams in 98, and 2002, then miss the team in 2006, and now comeback and make the team again in 2010."

Snowboarding kicks off with the men's SBX on Feb. 15.

The Team is subject to final review by the U.S. Olympic Committee.

2010 U.S. Olympic Snowboarding Team

Halfpipe Men

Greg Bretz, Mammoth Lakes, CA, 19

Scotty Lago, Seabrook, NH, 22

Louie Vito, Sandy, UT, 21

Shaun White, Carlsbad, CA, 23,

Halfpipe Women

Gretchen Bleiler, Aspen, CO, 28

Kelly Clark, Mt. Snow, VT, 26

Elena Hight, South Lake Tahoe, CA, 20

Hannah Teter, South Lake Tahoe, CA, 23

SBX Men

Nick Baumgartner, Iron River, MI, 28

Nate Holland, Squaw Valley, CA, 31

Graham Watanabe, Sun Valley, ID, 27

Seth Wescott, Sugarloaf, ME, 33

SBX Women

Callan Chythlook-Sifsof, Girdwood, AK, 24

Faye Gulini, Salt Lake City, 17

Lindsey Jacobellis, Stratton Mountain, VT, 24

PGS Men

Tyler Jewell, Steamboat Springs, CO, 32

Chris Klug, Aspen, CO, 37

PGS Women

Michelle Gorgone, Boston, 26

Chili consumption benefits Clean Tahoe

KRLT/KOWL radio stations are hosting a fundraiser to benefit Clean Tahoe at the Coyote Grill at the Round Hill Shopping Center on Jan. 28 from 5-10pm.

Folks can enjoy “All you can eat chili for $1” with Clean Tahoe getting all of the proceeds.

For any vegetarians and those who just don’t want to eat chili, you can order from the menu and Clean Tahoe will receive a portion of that as well.

Tahoe’s talk of Vancouver, Jan. 25 pm edition

By Kathryn Reed

WHISTLER, British Columbia –WASP means something entirely different in British Columbia. It stands for Whistler Adaptive Ski Program.

Usually the staff numbers about 130 each year, with 10 paid and the rest volunteers.

A busy day would be about 20 clients participating. A normal day is five-10 people.



A sit-skier plows through the fresh powder at Whistler on Monday. Photo/Kathryn Reed

Gil Tetrault was hauling a sit-ski up the Whistler Village Gondola on Monday morning for a client who is severely disabled. This 29-year-old client from the U.K. is here for three weeks. Last year he came out for six weeks.

Tetrault said many resorts in Europe have little regard for skiers with special needs. He said WASP caters to a slew of disabilities in its large, all-encompassing program.

He said the adaptive program has a number of autistic clients. About 20 percent need sit-skis. Two WASP instructors accompany sit-skiing clients.

â€œEvery year we get new volunteers in the program,â€ Tetrault said. â€œWe put them in a sit-ski and it freaks them out.â€

He also said the volunteers must try to ski with a blindfold to simulate what a blind skier experiences.

â€œWe find a lot of capable skiers fall over because they are not thinking through their feet to stay balanced,â€ Tetrault said.

Barton ready to dole out free H1N1 vaccine

By Denise Sloan Smart

Most of us take time to exercise, read food labels while grocery shopping and take the time to make good lifestyle choices to lead a healthier life. Now itâ€™s time to make time to get the free H1N1 swine flu vaccine.

Choose Jan. 28 at Bijou Community School or Feb. 3 at South Tahoe Middle School to get your free H1N1 swine flu vaccine, courtesy of Barton Health in partnership with the Lake Tahoe Unified School District, El Dorado Public Health Department and Hallador Legacy Fund.



Barton P\pharmacy techs, from left, Michelle Murphy and Tim Mattson are assisted by Barton pharmacy Director Barry Keil in

separating the
H1N1 vaccines
into
individual
doses.
Photo/Provided

These two vaccine clinics are open to everyone ages 6 months and older. Itâ€™s also a convenient time for children ages 9 and younger who need a second dose.

â€œDuring the holidays, we saw a decrease in the number of H1N1 flu cases,â€ said Roberta Stillwell, registered nurse and Bartonâ€™s Patient Safety Officer. â€œHowever officials are expecting the number of cases to spike again before spring and we want to make sure we vaccinate as many people as possible.

â€œPlus, the risks of being vaccinated far outweigh the risks of not being vaccinated and then catching the H1N1 virus.”

The H1N1 swine flu virus is most dangerous to children, teens, those who have chronic health conditions and pregnant women.

The H1N1 vaccine was manufactured and FDA approved in the same way that the season flu vaccine is created, so itâ€™s just as safe as the seasonal flu vaccine.

Barton Health has not received any of the recalled vaccine doses.

The Jan. 28 clinic at Bijou School is from 4-6:30pm and the Feb. 3 clinic at STMS is from 3-6pm.

To prevent yourself from becoming ill, use everyday preventive actions: Wash your hands often with soap and water for at least 20 seconds each time. Alcohol-based hand cleaners are also effective. Avoid touching your eyes, nose or mouth because germs spread this way and avoid close contact with

sick people.

For details on Bartonâ€™s H1N1 vaccine clinics, call (530) 543-5615.

Denise Sloan is the communications specialist for Barton Health.

Obama may be a no-show at Olympics



Stephanie Levitz, Canadian Press

VANCOUVER, British Columbia – U.S. President Barack Obama is not expected to attend the opening ceremonies for the 2010 Winter Olympics, but that doesn't mean he isn't coming at all.

An official announcement from the White House may come as early as next week regarding the American delegation to the Games.

It's expected that Vice President Joe Biden will be named as the U.S. government's official face at the lavish Feb. 12 event.

Read the whole story

MontBleu jobs secure as company emerges from bankruptcy

By Liz Benston, Las Vegas Sun

As the first major casino company set to emerge from bankruptcy in the recession, Tropicana Entertainment offers a beacon of hope for cash-strapped companies in the throes of the worst downturn this industry has ever seen.

Less than two years after its bankruptcy filing, Tropicana Entertainmentâ€™s debt has been wiped clean, and the companyâ€™s new owner, billionaire Carl Icahn, is injecting $150 million to pay creditors and upgrade properties.

The company is expected to come out of bankruptcy this month. Employees, including those at the MontBleu in Lake Tahoe and the Tropicana and River Palms in Laughlin, can expect to hold onto jobs that were uncertain before and during bankruptcy. (The Tropicana in Las Vegas is not owned by Tropicana Entertainment.)

Read the whole story

Lake Tahoe ski report, Jan. 25



A winter weather advisory remains in effect today for the Lake Tahoe Basin. Snow will increase throughout the day, wrapping up Tuesday morning. Curtis Fong, the Guy from Tahoe, delivers his ski report.

Tahoe's talk of Vancouver, Jan. 25 am edition



By Kathryn Reed and Susan Wood

WHISTLER, British Columbia – Today was supposed to be our day to check out Cypress Mountain. Mother Nature said no.

This is because rain had been falling earlier this month on the mountain that will host the aerials, moguls, parallel giant slalom, halfpipe and skiercross events during the Vancouver Olympics next month.

The mountain was closed Jan. 13 after warm weather followed the rain.

Facing a ticking clock, Vancouver Olympic officials quickly swooped in to take over the mountain, politely excusing the ski area staff. The Olympic staff had no comments to or suggestions for viewing options for *Lake Tahoe News*.

Ironically, the condition quandary comes after Whistler-Blackcomb boasted record snowfall more than a month ago.

As for Cypress, bulldozers and other heavy equipment were called in to ensure what snow would get moved to the locations

of the venues. This will be Grand Central for the likes of South Lake Tahoe’s Hannah Teter who grew up in Vermont and should have no problem with what they call hard pack here in Canada.

Enough snow remains on top of the mountain to be able to be moved by helicopter or snowcat to the venues for the Games, according to officials.

The resort does have snowmaking, with a reservoir with 5 million gallons of water. Since November, the state-of-the-art snowmaking system has used 35 guns to convert 21 million gallons into snow to create the necessary features.

Officials are using wood and straw on some of the terrain and then covering it with snow.

The closure is to preserve what snow is there.

Cypress is at a lower elevation than Whistler-Blackcomb. It is between Whistler and Vancouver.

Carson City fabricator focuses on craftsmanship

By Michael Reis, Stone World

Like most fabricators these days, Perfection Connection in Carson City is facing more competition in the marketplace than ever before. To combat the presence of â€œdiscount fabricatorsâ€ in the region, the company makes an effort to educate customers while also promoting the quality of its work.

â€œWeâ€™ve had excellent success in getting the client into our shop and educating them fully,â€ explained James Donaire, owner of Perfection Connection. â€œWe offer them 10 projects to look at, and really, my



Muti-level granite tops are a specialty of the company's. Photo/Stone World

clients are my best salespeople. I want them to see why we cost more than a garage shop. I want them to see the equipment. That wonâ€™t work over the phone.â€

Read the whole story

Tahoe orthopedist leads Whistler medical team

By Susan Wood

CARSON CITY – Taking a lead from one of his top skiers, Terry Orr is returning to the Winter Olympics in Vancouver, British

Columbia, in February – for what he says will be the last time in this particular role.

A legend of sorts to Lake Tahoe competitive and amateur athletes, the orthopedist who specializes in arthroscopic surgery and ligament reconstruction for Barton Health Care's Tahoe Fracture and Orthopedic Medical Clinic will serve the more than 200 athletes of the U.S. Ski Team as one of 47 medical professionals for the third time.



Terry Orr

The first was in Torino, Italy, and the second in Park City, Utah. He'll head the medical care at Whistler Blackcomb Ski Resort for the men's Alpine downhill racing team.

He is hoping to only see Daron Rahlves on the slopes, not a surgical table.

Rahlves called Orr a "calming" force on the mountain when he's competing.

"He's treated me for a long time. And if I did go through a traumatic injury, it's good to know I have him there by my side," he told *Lake Tahoe News*. "With my security – I usually don't think about my that, but it's comforting to know I'm in the best hands."

Lake Tahoe's Rahlves is the most decorated U.S. downhill and super giant slalom skier. After retiring from that discipline in 2006, Rahlves returns to the Winter Games to negotiate the intense skiercross track set on Cypress Mountain outside

Whistler.

Orr said he's looking forward to the upcoming Olympic Games. He'll not only run the men's Alpine downhill care, he'll assist 119 other doctors selected by the U.S. Olympic Committee to provide coverage for other events. This commitment includes training runs.

Orr believes the downhill courses on Whistler may prove stimulating.

"It's a windy course, and fast – not one you can see from top to bottom," he told *Lake Tahoe News* during an interview at his Carson City office one week before the U.S. Olympic Committee announced his joining the team.

Like the athletes, Orr takes the competition and responsibility seriously. Medical care for ski racing has come a long way since the early days of doctors showing up with their own supplies.

In recent years, a medical clinic has been established at the Winter Olympics.

New to the Games are trauma packs that provide a centralized place for medical tools and equipment. Contents range from bandages to chest tubes. A physician education program requires instruction in medical care and involves lectures and field runs for on-the-hill triage. A complete Advanced Trauma Life Support system is put in place to help the doctors recognize certain injuries.

But aversion to injury is the name of the game for the U.S. Ski Team – with structure serving as the common denominator in keeping the athletes competitive and healthy.

"The big emphasis starts with conditioning. It's a year-round commitment (to race)," Orr said, citing cycling, soccer and jogging as ideal cross-training sports.

But even with the best training and fitness, no one close to the action when a racer goes hurtling down a slippery slope at 50mph can possibly account for everything that may happen. Some incidents are stranger than others.

Orr recalled going to surgery in Torino for a skeleton competitor who had dislocated his spine. Still, his nervous system remained intact. He didn't perform the surgery because spines are not his specialty, so he consulted with Lake Tahoe spinal specialist Mike Fry while an Italian team handled the operation.

Orr said athletes can be benched with a significant knee problem or head injury, requiring neurological tests. There are times athletes who train their whole lives may find it difficult to sit out a particular competition. But others want to do the right thing.

He pointed to an athlete who experienced a tear of a tendon that may have sidelined the average person for six weeks. The athlete was back out on the hill in three days.

"Sometimes they just need reassurance that they're structurally fine and (the injury) is more of a bruise. The real decision is can they compete. We try to give as much leeway as possible," he said.

It appears the U.S. Olympic Committee would agree.

"We feel that our medical professionals for the U.S. Team are the best in the world in what they do," USOC Chief of Sport Performance Mike English said in a statement.

Publisher's note: *On Jan. 27, read about how Lake Tahoe wants to host the Olympics in 2022.*