Tahoe Show brings elite bodybuilders to Stateline

The Tahoe Show, the largest amateur body building championship in Nevada, is Aug. 23 at MontBleu.

The NPC/IFBB (National Physique Committee & International Federation of Bodybuilding) sanctioned bodybuilding and fitness championship includes bodybuilding, bikini, physique, figure and fitness.

Those who cannot make it to the show may watch it live on the Internet thanks to the coverage provided by Tahoe Production House.

There are several new features or the 2014 Tahoe Show. The number of vendors has doubled allowing attendees to sample an array of fitness products. A digital set design will bring the stage to life. The show is now designated as a national qualifier allowing top athletes to compete for professional status.

There will be more than 350 competitors. The pre-judging starts at 10am and finals are at 6:30pm.

For tickets, information, registration and a full event schedule, go online.

Boomers can still be relevant

in the workplace

By Steve Kayser

Boomers may want to recall one of the poets they grew up reading, Dylan Thomas, and his most famous poem, named for its first line, “Do not go gentle into that good night,” a desperate appeal to resist the trappings of old age.

As they retire, baby boomers need to stay true to their reputation for grand statements, and to mobilize their skill set in the business world.

In fact, many older Americans may have little choice but to adapt their mindset and survive longer in their careers if they want to maintain something resembling their current lifestyle during retirement.

Here are a few trends that may incentivize aging workers to clock in for a few more years:

• The number of Americans 55 and older will almost double between now and 2030 – from 60 million today to 107.6 million, according to the Census Bureau. That will likely strain public safety nets such as Social Security and Medicare.

• American life expectancy is at an all-time high, and death rates are at an all-time low, which means some people will outlive their retirement savings.

• The global economic crisis has wiped out or severely affected millions of middle- and senior-aged people’s life savings.

But with an increasingly competitive pool of professionals whose skill sets need to be regularly updated, how can boomers stay in the game?

Alvin Toffler said, “The illiterate of the 21st century will

not be those who cannot read and write, but those who cannot learn, unlearn and relearn."

Older workers can maintain their value – by staying "R-E-L-E-V-A-N-T."

• What it means to learn, unlearn and relearn. The ever-shifting sands of technology pose a special challenge to older workers. Younger professionals not only grew up working and entertaining themselves with screens, they also learned to adapt to technological leaps. A program you learn today may not be relevant in a few years, so keep an open and flexible mind.

• Being R-E-L-E-V-A-N-T: Take this mnemonic device to heart: Risk, Experiment, Listen and Learn, Engage, Value, Attitude of gratitude, No to negativity, and Time. This is an ongoing, evolving note to keep in your mind no matter your professional situation. I've been around a lot of charismatic and effervescent folks in their 70s and 80s who are still successful and growing, both on a personal and business level. The acronym encompasses the ideas that seem to promote a proactive life.

• Answer the question, "What resonates with you?" This is a deceptively deep question when you apply it to your life's trajectory. If life hasn't turned out to be what you expected it would 30 years ago, then it's time to recalibrate how you see yourself, especially if that's as a perpetual pre-retiree. If you're not sure of how you see yourself in today's setting, start with what the spiritual writer Joseph Campbell called the "moving power of your life," which can be sensed by the things that resonate within you. The things that resonate within you, such as an unusual book, may just be the compass you need to find your way.

Steve Kayser is an award-winning writer, editor, publisher, former radio host and founder of Kayser Media.

Juvenile competency statute proposed for Nev.

By Yesenia Amaro, Las Vegas Review-Journal

Children in the juvenile justice system often face different competency issues than adults in the criminal system.

But Nevada currently lacks a statute to address competency issues among juveniles. Officials have used adult criminal procedures as a guide instead, said Susan Roske, an attorney with the Clark County juvenile public defender’s office.

The juvenile competency issue is drawing attention nationwide because the reasons children are incompetent for the purposes of court proceedings often differ from those that arise in adult cases, she said on Thursday.

There are limited rules and procedures under the general provisions of juvenile justice in the state, she said. Roske and Jo Lee Wickes, the chief deputy district attorney who supervises the juvenile division in Washoe County, both led a juvenile competency subcommittee of the Commission on Statewide Juvenile Justice Reform. The commission recently finalized a proposed statute for juvenile competency.

Read the whole story

Snippets about Lake Tahoe



• Pharrell Williams is no longer the special guest touring with Bruno Mars. Nico & Vinz will be with him at the Aug. 14 show at Harvey’s Outdoor Concert Series.

• There will be a Tahoe Valley Area Plan workshop July 21 at 5:30pm at Lake Tahoe Airport.

• An online petition is up for people to sign regarding the Upper Truckee Marsh.

• Placer County Board of Supervisors will have a workshop about the Squaw Valley redevelopment project on July 21 at Base Camp in the village.

• Douglas County residents may register cell phones with reverse 911 by going online.

Color Blast run benefits TY&FS

Tahoe Youth & Family Services’ annual Color Blast fun run in Genoa is July 26.

This fundraiser will directly benefit TYFS’ programs and services for youth and families in the South Lake Tahoe and Carson Valley communities.

Runners will get a color blast from head to toe in different colors at designated distances. Each section of the run adds a new explosion of color to their clean T-shirt, shorts, socks, hair, and skin until they cross the finish line into a final blast of color.

This event is meant for all ages and families.

For more info, go online or contact Emily Bennett at emily@tahoeyouth.org.

Calif. regains jobs lost in recession

By Margot Roosevelt, Orange County Register

After a long, slow recovery, California last month finally regained all the jobs lost during the recession, powered by fast growth in the Bay Area and a steady hiring pace in Los Angeles, Orange County and the Inland Empire.

The state's unemployment rate, adjusted for seasonal changes, notched down to 7.4 percent from 7.6 percent last month and from 9 percent a year earlier, according to state employment officials.

National joblessness stood at 6.1 percent in June.

"Everybody is moving forward," said Robert Kleinhenz, an economist at the Los Angeles County Economic Development Corp., a nonprofit research group.

But he called the monthly numbers from California "a bittersweet report," given that wages are barely keeping pace

with inflation. “Until we see stronger gains in incomes, we won’t see breakout spending on part of consumers … to bring the economy forward.”

Read the whole story

Tahoe Fund wins cash at golf tourney

The Tahoe Fund has $5,000 more in the bank thanks to Mark Rypien and Korbel.

Rypien, a former NFL quarterback, on July 18 competed in the Korbel Closest-to-the-Pin Challenge as part of the American Century Championship at Edgewood Tahoe. Teeing off from hole 17 he placed his ball 7 feet from the pin.

Korbel Toast Life Foundation put up the money for the donation. The Tahoe Fund is a nonprofit working to improvement the Lake Tahoe environment through restoration and recreation projects.

Placer County citizens

academy to start in Sept.

Reservations are being taken for the Placer County Sheriff Office's Community Awareness Academy, which offers an inside look at the law enforcement agency.

Each of the eight classes covers a different topic.

Classes are Monday and Wednesday evenings, Sept. 3-29, in Auburn.

Attendees must be at least 18, work or reside in Placer County and agree to submit to a minor background check.

The deadline to sign up is Aug. 15; call 530.889.6922 or email arogers@placer.ca.gov.

Cool bedroom may make for better night's sleep

By Gretchen Reynolds, New York Times

Sleep is essential for good health, as we all know. But a study hints that there may be an easy but unrealized way to augment its virtues: lower the thermostat.

Cooler bedrooms could subtly transform a person's stores of brown fat – what has lately come to be thought of as "good fat" – and consequently alter energy expenditure and metabolic health, even into daylight hours.

Until recently, most scientists thought that adults had no brown fat. But in the past few years, scanty deposits –

teaspoonfuls, really – of the tissue have been detected in the necks and upper backs in many adults. This is important because brown fat, unlike the more common white stuff, is metabolically active. Experiments with mice have shown that it takes sugar out of the bloodstream to burn calories and maintain core temperature.

A similar process seems to take place in humans. For the study, published in June in Diabetes, researchers affiliated with the National Institutes of Health persuaded five healthy young male volunteers to sleep in climate-controlled chambers at the NIH for four months. The men went about their normal lives during the days, then returned at 8 every evening. All meals, including lunch, were provided, to keep their caloric intakes constant. They slept in hospital scrubs under light sheets.

Read the whole story

NBC’s Lake Tahoe celebrity golf coverage a whirlwind of controlled chaos off-camera



Producer Tom Randolph, center, controls NBC's coverage of the American Century Championship. Photos/Kathryn Reed

By Kathryn Reed

STATELINE – Watch the American Century Championship on television and it's like the coverage is choreographed. Watch it from the control room and one wonders how the end product is so smooth.

"Sunday it will be even more hectic. People will be screaming and yelling. But people say they know what they have to listen to," Gary Quinn, vice president of programming for NBC, told *Lake Tahoe News* as he watched Friday's tournament from the control trailer.

So many of these men and women have been working together for years that there is a rhythm even though to the outsider is looks and sounds a bit chaotic.

One wall is covered with video monitors and each monitor has more than one video feed.

Producer Tom Randolph is at the center of the action.



The camera on 18 provides aerial views.

“He is the storyteller,” explains Quinn. “The talent follows his direction.”

Randolph picks which camera will be shown to viewers, gives a bit of introduction to Bob Papa, who then tells viewers what they are seeing. It’s not exactly like “Broadcast News”, but witnessing the control room conjures up that movie.

The talent, as the broadcasters are called, have plenty of support staff as they deliver the telecast from hole 18.

Two people are walking the grounds. Interviews are being conducted at the end of some holes. Chad Pfeifer, the Iraqi war vet who has a prosthetic leg, talks about how nervous he is. He finished the day in first place.

Spotters on each hole report back to Assistant Producer Jeff Jastrow about what is going on, who is coming up and if the action is worth showing the world.

“There is constant contact with each hole,” Quinn says.

Electronic scoring keeps the control room up-to-date in real time.

A camera on hole 18 is like having a blimp in place as it provides aerial coverage. Hole 16 has a tower. Cameras are on each hole, though most are on the back nine. Concentrated coverage is on holes 17 (the party-boat scene) and 18.

One person is in contact with New York. She counts down when it's time to go to commercial as well as when they are live.

The technical director says when various promos for the key sponsors – American Century, Korbel and Harrah's – need to be inserted into the coverage. A spot showing Harrah's hotel rooms and the casino floor pops up on the center screen.



NBC needs a compound of trailers to deliver three days of ACC coverage.

Rolling out of that segment Papa adlibs, talking about that night's Carrie Underwood concert at Harveys, before going into the golf action.

It takes 106 people and 22 cameras to deliver the nine hours of coverage during the three-day tournament at Edgewood Tahoe. It will be live from noon-3pm today and Sunday.

NBC hauls multiple trailers all over the country for its coverage of various sporting events. They are parked at the end of the driving range. Last week they were in Oklahoma last for the U.S. Senior Open. They are the same ones used Sunday

nights for NFL games.