Be smart about goals for New Year

By Mandy Kendall

The end of the year is not that far away. Before we descend into the chaos that can occur around Christmas, this can be a good time to reflect on what has happened in the last 12 months. Once we've reflected on what's happened, we often turn to what might be in the future.

Resolutions are often made last minute and are sometimes not that well thought through, which may explain why so many of them are never achieved.



Mandy Kendall

So whether you decide to call them resolutions, goals or plans, a little forward thinking can often make for a more successful New Year.

SMART is a well used acronym used in setting business goals which can be also be used for planning changes in your personal life too.

So here are a few *Qwik-e* tips to help start your New Year off on the right foot.

Specific – Rather than just say "I want to be healthier", try to be specific about what you are going to do to be healthier. Asking yourself the what, why, who and where questions will

usually get you all the answers you need.

Measurable – Having something quantifiable about your goal will make tracking your progress much easier. If you make a promise to yourself that you will do a certain amount of something (or stop doing a certain amount of something), you are definitely going to be able to tell if you've reached your target or not.

Achievable – I know there is a saying "Never say never", but you should be honest with yourself as to whether you can truly achieve your goal. If your goal stretches you too far, you may find it too disheartening to contemplate, let alone achieve.

Realistic/relevant/resonant – Do you have the resources (time, support, and most important, the desire) you need to achieve this? Is this the right time to try to do this? Is it something that you are passionate about? If you can't say yes to all of these, you might need to re-evaluate where you are trying to get to, and why.

Time – Setting a time frame for a goal is important. It not only helps in planning the steps needed but also gives the task a sense of urgency. Have you given yourself the right amount of time to do this? Can you set aside the time that is needed to reach your goal?

Some also like to add a couple of other steps to the goal planning process to make it SMARTER

Evaluate – With the strategies above in place, it is important to evaluate along the way to make sure you are on track. This gives you the ability to make adjustments before you get too far off track. I also like to think of this one as "enjoy" too. It's important that this is fun to keep that motivation going.

Reward – My favorite part. You've set your goal, planned all the steps, evaluated your progress and achieved your goal. Now

you get the reward. You deserve it! Then you get to start all over again on a whole new goal if you like.

Until next time.

Mandy Kendall operates Health Connective in South Lake Tahoe, which aligns wellness seekers with their ideal wellness provider. If you have questions, would like some advice, or would like to request some Qwik-e tips on any health and well-being topic, drop her an email at connect@healthconnective.com 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.

Grieving can be a lifelong journey



Sandy Amish and Susan Wood

By Susan Wood

STATELINE – By the looks of the Christmas tree filling up with ornaments, there appears to be no shortage of loss and grief on the South Shore of Lake Tahoe this season.

About 60 people showed up at MontBleu on Wednesday night to mark an evening of remembrance called “Light Up a Life,” an event hosted by Barton Hospice.

I entered the convention center room with an open heart as well as tear ducts as the emotion set in. I was honoring my beloved sister, who, at 55, died unexpectedly July 4. As I walked up to the microphone to announce her name, I let the room know that she wasn’t the average sister. She was “the best” to me. And with that, my clear ball ornament with her name in gold metallic ink found the perfect branch on the memorial tree. When the tree was lighted, I was sure her name glowed.

As hospice registered nurse Natasha Stone put it after the ceremony: “There’s something about a sister.”

That’s all she needed to say. Sandy and I grew up together — as children and adults. I’m still growing up as I deal with such a significant loss. Stone reminded me that loss is all part of the human experience and helps your heart evolve beyond our day-to-day joy.

Whether it’s for a sister, brother, mother, father, child or spouse, grief hits all members of the family, albeit differently. Many filled this room as groups, with lots of hugs to go around.

South Shore local Judi Brown got a long one from a family member after setting the ornament on the highest branch.

“I love you Dad. I always will,” she said, choking back the tears.

She later told *Lake Tahoe News* that her father, Mack Brown “was everything to me.” He succumbed to cancer last August. Brown admitted the experience was “quite overwhelming.”

She seemed to find peace that evening.

“I’m glad we did this,” she said.

The ceremony started 14 years ago as a way for loved ones to honor those who have died. The event evolves a little bit each year, with 2013 being the first one at the casino. The memorial tree stood out in a sea of trees the hospital erects for its annual Festival of Trees and Lights.

Even hospice’s director of patient care services, Barbara Kaufman, was affected and couldn’t make it as the Dec. 4 event fell on the same day as the anniversary of losing her mother.

“It’s just a little tender,” hospice services coordinator Tina Bruess told the crowd, before leading them into the “Blessing of the Hands.”

Everyone raised their hands, as the sacred words rang true.

> *“Bless these hands that have held and felt pain. …*
>
> *Bless these hands that have comforted grieving families and friends. …*
>
> *Bless these hands that have reached out in caring and have been received with gratefulness.”*

An instant kinship came over the room. This was indeed a safe place to be at the holidays – grieving with other family members who are dealing with loss.

After Bruess offered the group sprigs of rosemary because the herb is considered one of remembrance, I let out a sigh. I had stared my grief in the face and embraced it. I knew the holidays would be difficult.

“With the holidays, there are so many long-term traditions and memories, and they’re all brought up again. Holidays resonate family, and the grief is accentuated by the one place that’s missing at the table,” Bruess told me after the ceremony. She was dead-on correct.

Bruess runs grief workshops using the book “Understanding Your Grief.” I was comforted by this since that’s the book I turned to months ago when I felt I was living a sad parallel life to the one the rest of the world participated in.

The most striking thing about the book?

All grief is unique and needs to be honored that way. Bruess and I agreed with the message. And there’s no rush to “get over it” because I’ve surrendered to the idea that I never will.

My grief still lingers and can overwhelm me at significant as well as insignificant times. I use writing as therapy.

For one excruciatingly difficult time, my sister’s birthday on Nov. 15, I wrote an ode to her life even though I could barely see the keyboard through the tears. It goes like this:

> *Today is my sister’s birthday, and even though she has left the Earth, I feel closer to her than I ever have.*
>
> *Death works that way. It makes us appreciate what we have – in the moment. I must say, I’ve never felt so alive or more keenly aware of how precious life is since July 4, when she was ripped from the living. My heart was ripped to pieces. How could I even live without my only sister?*
>
> *We protected each other for so many years. What kills me is that I couldn’t protect her this time. I didn’t know it was her time. I wish I did. I would have told her how much she meant to me. Then again, my words would have seemed shallow. It didn’t seem to matter that I showed her and told her that I loved her at each visit. For every goodbye, there was a long hug – as if one of us was leaving the country or thought that later we’d become disinterested in each other’s lives.*
>
> *Yesterday, I inadvertently ran across some pictures of a*

time she lived in Colorado and I lived in California. We didn't stay in touch. We were so different 35 years ago. At least we learned to embrace our differences in the last 25 years. It was like we were kids again when we got together. We danced and joked and shared small pleasures. Her smile was radiating. Her essence was the epitome of joy. She trusted people in a way that I never could. She looked for the good in everyone. She lived to love.

How I miss her. I can't even begin to tell you what this deep pain is like. Thank God it's not consistent.

Even now, I can barely restrain my tears. I probably have cried a thousand of them in the last few months, sometimes bellowing in a too-sad-to-describe moan that only the grieving know of.

My memories will have to sustain me.

Mostly, I remember how we could talk about anything and often confided in each other. She had a hard life and was often under so much stress that I took some comfort in seeing her at peace when I decided to view her body with her children. It took everything I had to not break down. They lost their mother. My mother lost her child. The sorrow is overwhelming.

I think what gets to me is how beautiful she was inside. I see her now through the heart of her children. I will never take their love for granted. I guess that's the message here.

Hug those who matter most to you because our time together is finite.

So in spirit: Happy birthday, Sandy. I'll love you every day forever.

Letter: Heavenly a part of Bread & Broth’s success

To the community,

“Heavenly Mountain Resort sponsors Adopt A Days so often that it has become a fun challenge between departments to be the first to sign up for volunteering at the AAD dinner. The Heavenly IT Department is always the first,” said Tyler Morris, IT manager.

So for the fifth time in the past two years, the Heavenly IT Department staffed the volunteer crew representing Heavenly at Bread & Broth’s Monday evening meal on Nov. 18.

Joining Morris were Aaron Uretsky, It technician; Dave Erickson, systems analyst; and Kevin Franzen, PC technician. This great group of Heavenly employees knew exactly what to do, what was needed of each of them, as if they were regular B&B volunteers. Heavenly employee’s familiarity with Bread & Broth’s program is due to the generosity and the community involvement of Heavenly Mountain Resort through the Echo Foundation Program. With the Echo grant, Heavenly sponsors 12 “Adopt A Day of Nourishment” annually.

For each $250 sponsorship, Heavenly provides the funds needed by B&B to serve over 90 hot, healthy meals to the needy of South Lake Tahoe community. Bread & Broth is very grateful to be the recipient of both Heavenly’s financial support and their employee’s personal donation of their time to help with the sponsorship dinners.

To help B&B as a donor or sponsor, please contact me at (530) 542.2876 or carolsgerard@aol.com.

Carol Gerard, Bread & Broth

Snippets about Lake Tahoe



• *USA Today*'s list of top bars that "exude warmth and coziness, with features such as leather banquets, wood paneling, strong drinks and hot fireplaces" includes the Auld Dubliner at the Village at Squaw Valley.

• The U.S. Forest Service has sold-out of its Christmas tree permits in the basin.

• Stephen Ditchkus is now general manager of MontBleu casino in Stateline.

• Sierra-at-Tahoe opens Dec. 6.

• Sugar Bowl opens Dec. 7

Millennials want modern, less rustic ski lodges

By John Marshall, AP

SNOWMASS, Colo. – The rustic ski lodge has been a staple of ski towns pretty much since the first resort was erected on

the side of a mountain.

A drastic design shift has taken place the past few years. Chandeliers made of antlers, animal trophies on the wall, paintings of cowboys and snow-covered buffalo are out. Clean lines, contemporary art and open floor plans are in.



The Ritz-Carlton Bachelor Gulch in Beaver Creek kept the deer above the fireplace even after the remodel this year. Photo/Provided

After decades of rustic traditions, the ski lodge is getting a modernist upgrade to keep up with the new breed of traveler.

“Things are changing so fast in our business world that even keeping up in the hotel world is very difficult,” said Hugh Templeton, general manager of the Viceroy Snowmass in Snowmass, Colo. “That younger person is expecting to have something in their travel experience that reflects who they are, not who the hotel wants them to be. I think that’s been a very big change.”

The transformation has been relatively recent in the ski resort industry, following a generational shift in clientele. Baby boomers grew up with rustic, chalet-style ski lodges, so ski resorts stuck with those designs because that generation was where the money was coming from.

But over the past several years, there’s been a shift in demographics as so-called millennials came of age and started spending money. They’re more tech-savvy than their parents, and so plugged-in at home that they expect fast Internet connections in hotels and just as many cable channels.

Their tastes in design are different too, often preferring clean, minimalist decor over quaint and cozy. In response, some ski resorts feature stone floors instead of wood, contemporary lighting and furniture, and art and decorations that are not necessarily themed on winter scenery.

Hotels like Viceroy Snowmass, Hotel Terra in Jackson Hole, Wyo., and the Ritz-Carlton Bachelor Gulch in Beaver Creek are examples of U.S. resorts that have gone a more contemporary design route. The trend is taking off internationally as well, seen in places like The Omnia, Chedi Andermatt and the W Verbier in the Swiss Alps, and the Hotel Altapura and Hotel Le Kaila in the French Alps.

Viceroy Snowmass and Hotel Terra also sometimes offer a twist on the rustic look, encasing the typical-for-a-ski-lodge wooden beam in steel, painting rock walls in a variety of colors, and featuring artwork with wildlife – but as abstract images instead of the typical moose standing next to a pond in the snow.

Some resorts are updating in sections instead of a major overhaul to keep from overwhelming their returning guests.

“The aging baby boomers who are now retired, semi-retired or the empty nesters, they have a little bit more of an old-fashioned design desire because of when and where they grew up,” said David Kingston, general manager of Hotel Terra. “I think the millennial population, which is large and starting to spend money, is going to dictate how seriously or deeply that design concept goes.”

Some of the older design concepts were the result of

necessity. Resorts and lodges built on mountainsides had to be made from wood and small stones because it was too hard to get materials or machinery up winding roads and too difficult to build with large, bulky materials on the slopes.

Advances in technology have made construction easier these days, even in tight mountain spaces. Builders can now take a pair of 10,000-pound (4,500-kilogram) concrete walls and piece them together with relative ease instead of building wooden frames with enormous cedar or oak I-beams across the ceiling.

The new designs are not only “stylish and contemporary,” said Templeton, but they allow hotels to be more energy efficient with easier upkeep. “You try to maintain an all-wood building, it’s very difficult,” he added.

And because skiers expect the familiar rustic look, anything different makes an impact.

“Not having that, we create a lasting memory,” he said, adding, “You can’t wait to get back because it’s so different.”

S. Tahoe crews contain fire to chimney

A quick thinking Good Samaritan helped ensure a chimney fire in South Lake Tahoe didn’t turn into a full-blown structure fire Thursday.

Keith Cooney was driving down Highway 50 at about 4:45pm Dec. 5 when he saw smoke that he knew could not be a controlled burn. He turned on to Barton Avenue and saw the fire.



South Tahoe firefighters extinguish a chimney fire Dec. 5. Photo/LTN

“Flames were shooting out of the chimney. I banged on the door,” Cooney told *Lake Tahoe News*. He was able to alert the male resident about the fire and then dialed 911.

Firefighters were able to keep the fire to the chimney, which was full of creosote. Because it had a metal pipe water could be used to douse the flames. Water isn’t used on concrete because it destroys the chimney.

Crews were still at the 2286 Barton Ave. residence at 5:15pm where they were checking for hot spots and clearing the house of smoke.

— Lake Tahoe News staff report

Salary perks to be eliminated for some El Dorado officials

By Peter Hecht, Sacramento Bee

Seven of the region’s highest-paid elected officials stand to see significant reductions in their six-figure paychecks after

El Dorado County supervisors moved to eliminate perks that inflated their salaries.

Beginning with their next term in 2015, El Dorado officials – including the sheriff, auditor-controller, treasurer-tax collector and four other elected department heads – will lose pay boosts for longevity, professional certificates or unused leave time.

Should Sheriff John D'Agostino seek and win re-election, he would see his salary fall from $226,411 to $177,986. County Auditor-Controller Joe Harn and Treasurer-Tax Collector C.L. Rafferty would see respective pay cuts from 2012 earnings of $196,366 and $179,332 to $148,699 and $145,538 – the average total salaries for similar regional officials – in 2015.

El Dorado leaders say the salary add-ons began more than a dozen years ago in better economic times when El Dorado County took steps to retain valued employees for fear of losing them to other government agencies or private employers.

The perks, tied to contracts the county had offered its public employee unions, wound up paying the El Dorado officeholders well more than the average for elected officials in other Sacramento regional counties.

Read the whole story

Power-endurance key to being

a fit skier

By Kelley McMillan, Outdoor

According to personal trainer Carolyn Parker, if you want to make the most of your ski season, you need to bolster your lower back, core, and glutes through a rigorous power-endurance routine.

Power-endurance is, essentially, the ability for your muscles to work near maximum output for a sustained period of time – a combination of short, explosive power and more drawn-out endurance. And that's the focus of Parker's ski program, which she uses for clients ranging from elite ski-mountaineering racers to recreational skiers at her training facility, the Compound, in Albuquerque.

Nicknamed Blitzkrieg Barbie for her blond hair and take-no-prisoners attitude, Parker, 44, is a certified CrossFit, Gym Jones, and AFAA trainer. Her background as an accomplished skier and climber and a trainer makes her particularly appealing to winter athletes seeking a workout that yields real results.

"Being a skier and a trainer, I take the knowledge base I have and apply that to each individual," Parker says. "That's going to result in a more specific and beneficial approach to their particular sport."

Though no program is one-size-fits-all, there are excellent circuits that can benefit almost any snow enthusiast.

Read the whole story

Austin’s House raising money with calendar

The staff at Austin’s House has produced a 2014 calendar featuring artwork drawn by children who have stayed at the facility.

The calendar is $10. To place your order, call (775) 267.6711 Monday through Friday from 10am-4pm.

Austin’s House is the only emergency children’s shelter in rural Northern Nevada. The staff provides services and care for up to 10 children from infants to age 18. The children are placed at Austin’s House after being removed from their homes due to abuse or neglect. The facility depends on support from the community to keep the doors open.

Tweaks to skis put snowboards on the shelf

By Tony Chamberlain, Boston Globe

Like most young men who work part time in ski and board shops, Adam Sanchez is a student of the products he sells. A junior at Bridgewater State, he has also seen plenty of changes in snow sports, despite his young age.

He started as a skier in junior high, then took the almost inevitable turn teenagers do into snowboarding.



More skis than snowboards are found in racks. Photo/LTN file

For about two decades, that was the way of the winter world: Snowboarding was by and for kids – at one point it rescued a moribund ski industry in the 1990s – and was seemingly destined to grow forever.

But with Sanchez and thousands of other young people, the ball has taken another unexpected bounce, as snowboarders have been bailing out in droves.

“I snowboarded for four seasons,” said Sanchez. “The skis then were pretty traditional, and the technology was not advancing. But the past couple of years, the new designs have made skiing much easier, especially in powder and the woods. So I went back into skiing.”

The new technology?

It’s called rocker, or reverse camber (tech details later), and it allows skiers to take advantage of another of the sport’s trends: skiers and boarders skiing the groomed trails in sometimes densely wooded glades where making quick turns in loose snow is the required art form du jour.

To Sanchez and other young skiers, the new rocker generation of skis simply work better.

Read the whole story