Frigid temps no deterrent to fun at SnowGlobe

By Kathryn Reed

With temperatures below freezing, musicians were blowing on their hands to get their fingers working and the main stage of SnowGlobe included two heaters.

But for those in the audience Dec. 29, dancing and disrobing seemed like a good idea. People were looking for the coat check and others were showing skin on a night when the low was slated to be 16 degrees.

The most warmth could be found in the Techibeats.com Tent because heaters were keeping the sound technicians cozy and the entrance was narrow.



The music fest SnowGlobe starts its three-day run Dec. 29 in South Lake Tahoe. Photos/Kathryn Reed

At the Sierra Tent one side was completely exposed to the elements.

And the main stage was wide-open on the ball field.

Most people moved as close as possible to all the stages and

were moving to the music. Plus, there was the body contact of friends and strangers to keep them warm.

The three-day music festival started off much better than a year ago when area residents were caught off guard by the bass-driven sounds of the techno rich music. Not all of the performers are traditional bands. Most acts are disc jockeys bringing together sounds through their computers. Even many of the musicians are assisted by technology.

Early feedback based on comments posted on *Lake Tahoe News* is things are dramatically different from 2011.

City officials said after the concert came to an end at 10pm no one complained about anything the city had control over – including noise levels.

Turning the stage 180 degrees so the audience on the community ball fields is facing Lake Tahoe Community College was done as an attempt to have the sound be less of a factor to the neighboring residents.

To make sure the decibel level doesn't exceed the limit, a guy wearing a backpack with a meter was measuring the output.

Those in attendance on the first night were clearly enjoying themselves – swaying and bouncing to the music, smiling and making snow angels.

Jared Clark brought his 15-year-old son Dylan up from Minden for the show. The elder Clark had seen Beats Antique before – and was excited when he found out they'd be the third act to take the main stage on Saturday. The younger Clark, a fan of Wiz Khalifa, was excited to hear his favorite next.

Sandy Meyer of Reno is also a Wiz Khalifa fan. That's why she bought a one-day ticket and made the drive to South Lake Tahoe.

Ryan Wingo and his buddies from Santa Cruz opted for the

three-day pass. Wingo was at SnowGlobe a year ago and wanted back for more fun.

The Santa Cruz guys were excited to hear Minnesota – the last act in the Sierra Tent on Saturday – because they are from the same beach town.

“He has progressed so much this year,” Wingo said of the disc jockey.

Wingo is glad there is snow this year – it meant being able to snowboard at Sierra-at-Tahoe the day before.

“It was beautiful, except there was no snow,” Wingo said of 2011.

No worries about that this year. The snow was coming down good at 3pm when the gates opened. The skies parted a bit more than an hour later and patches of blue sky could be seen. With the moon full the night before, the globe in the sky and the early snow made for a snow-globe of a different kind.

The combo of being able to ski and hear good music lured Brett Schwerin to Tahoe. The 30-year-old Maryland resident has an Epic pass, which allows him to ski at all Vail Resort properties – of which there are three in the Tahoe area. He’s here for 12 days – not just for the three-day concert.

This is Schwerin’s first time to Lake Tahoe. He said the combo of being able ski during the day, take a shuttle to the music venue and then be able to hang out with a California crowd that was putting out good vibes made for the perfect day.

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Squaw’s Ganong posts career best 7th in downhill

By USSA

BORMIO, Italy – Travis Ganong (Squaw Valley) delivered a gutsy run on the grueling Stelvio downhill to finish a career best seventh in Bormio.

0The second longest downhill on the Audi FIS Alpine World Cup tour, the Stelvio is known for its leg punishing ice and bumps while racers hit speeds of 75 mph. It was the tightest race in recent history with the top four separated by a mere .02 seconds.

Austrian Hannes Reichelt and Itlaian Dominik Paris tied for the win, 0.01 in front of World Cup downhill and overall leader Aksel Lund Svindal of Norway.

The punishing Stelvio downhill bucked 11 of the 55 starters off course.

Ski report: Plenty of terrain to explore



Most all resorts are in full operation with all trails and terrain open.

Here is the Dec. 29 ski report.

– Curtis Fong

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52 ideas to become more fit in 2013

By Rene Lynch, Los Angeles Times

This is the year you will resolve to ditch the diets, the "all or nothing" mentality and the "no-pain, no-gain" fitness goals. This is the year you will resolve to use common sense to eat less junk food, move more – and have fun doing it.

Remember what it was like when you were a kid and you thought nothing of playing tag for hours on end? That spirit still lives. You just need to wake it up. Maybe with a high-energy hula hoop workout or Shaun T's "Hip Hop Abs," done in the privacy of your own home. Or by walking your dog while listening to a Dan Brown thriller.

Instead of embarking on yet another diet, why not try to lose roughly 1 pound a week by creating a modest 500-calorie deficit each day. That's easily accomplished by slashing about 250 calories from your diet (the equivalent of five Oreos) and burning about 250 calories through exercise, such as a brisk

2-to-3-mile walk. You can do that easy.

Here are 52 tips for each week of the year, but we know we're just scratching the surface.

(1) You "work" all week. No wonder you don't want to "work "out. Find a way to move more and have fun doing it. Take a Zumba class. (Many studios will let you take your first class free.) Even if you never go back, it will redefine your definition of "exercise."

(2) You know that lazy, sluggish feeling you get when you drink alcohol? That's your metabolism slowing to a halt.

(3) Adopt an avatar. James Bond? Lara Croft? Put it in charge of slaying your food cravings. Or pretend you're the Terminator and someone is standing between you and your workout.

(4) Buy a pedometer. (We love the Omron HJ-112 Pocket Pedometer). Slowly work your way up to 10,000 to 15,000 steps a day. Parents can make it a game with kids: The person with the most steps for the day gets out of dish duty or earns more console time.

(5) Gardening and heavy-duty housework, like cleaning out the garage, do count.

(6) Write a loooong list of all the fun, sexy, sassy reasons you want to achieve your fitness goals. ("I want to rock a bikini!" "I want biceps worthy of the cover Men's Health.") Make copies of that list and stash them everywhere. Your wallet. Your car. Your kitchen. Review when weakness strikes.

(7) Recognize: Six packs are made in the kitchen, not the gym. If you have only 30 minutes, you're better off using that time to prep the following day's breakfast and lunch than working out. That's right. We just gave you an excuse to skip a workout, but only if you use that time wisely.

(8) Jump on the boutique gym bandwagon.

(9) Eat all the raw, non-starchy vegetables you can stand.

(10) Exercise while doing household chores. Put in a load of laundry before you press “play” on a fitness DVD, and pause partway through to make the washer-to-dryer transfer. Or plan dinner around a casserole that bakes while you work out in the living room.

(11) Give up extreme thinking. Don’t give up chocolate for 2013. How about: Give up bingeing on chocolate in 2013, and instead resolve to enjoy it in moderation.

(12) Ask yourself a magic question: “How can I reach my health and fitness goals and enjoy the process?” You don’t need to answer the question. Let your brain percolate on it. (Credit motivational guru Tony Robbins.)

(13) Got a tablet? Download a movie and prop it on a treadmill at the gym. The average movie should get you through four 30-minute walks.

(14) Stop trying to be Julia Child come dinner time. Store-bought rotisserie chicken + bagged salad = dinner. A corn tortilla quesadilla + bagged salad = dinner. A grilled steak + bagged salad = dinner.

(15) Use social media. Find fitness fanatics to follow, and then draft off their enthusiasm to bolster your resolve. Use Twitter to announce your goals, and ask followers to hold you accountable.

(16) Find more ways to move at work. Stand at your desk or while you’re on the phone. Instead of a stuffy meeting room, chat with a colleague during a brief walk.

(17) Home workout DVDs can get expensive. Band together with some like-minded (and trustworthy) friends or co-workers: Invest in a few DVDs and swap them every month to keep things

interesting.

(18) You absolutely, positively have no time to work out? How about a 10-minute walk – five minutes in one direction, then turn around – in the morning, at noon and when you get home at night? Be careful, though. You just might inspire yourself.

(19) Register to walk a half marathon. You can download free training programs online.

(20) Don't you wish someone would pay you to get in shape? Pay yourself. Put $5 in a jar every time you work out. Or every time you bring a healthful, delicious lunch to work. If you work out three times a week and take lunch two times a week, you'll be sitting on a sweet $1,300 come the 2013 holiday shopping season.

(21) Your two best fitness buddies: Your kids and your dog. Walk to parks and just have fun. Kick a soccer ball around. Play Frisbee. Tag. Fly a kite. You won't just burn calories, you'll model healthful habits for your kids.

(22) Playing tourist in your hometown – crawling museums, hiking scenic trails, strolling boardwalks – is a blissful way to add steps to your pedometer.

(23) Earn your dessert. Craving ice cream? Make it a single scoop that comes at the halfway point of a four-mile round-trip walk. And then enjoy every creamy bite.

(24) Create a private Daily Mugshot account and commit to taking a picture of yourself every day in 2013. (Men go shirtless, women in a sports bra.) Take a spin through those photos when you need encouragement. And just imagine the photo gallery at year's end.

(25) Read fitness magazines that will inspire you with new workouts (and not depress you with ridiculously skinny models).

(26) Scour the Web for fitness blogs written by people like you, and bookmark them. The next time you feel like skipping a workout, tap into that community for motivation.

(27) Parents: You do more for your children than for yourself. Use that to your advantage! When you find yourself reaching for a doughnut, think of your kids: Do you want to saddle them with a morbidly obese, Type 2 diabetic mom or dad? That's right. Step away from the doughnut.

(28) Do some year-end, rear-end projections. If you slash your Oreo consumption in half from eight cookies a week to four, you'll save more than 11,000 calories and lose nearly 4 pounds.

(29) If you have a salad bar at work, use it. Bring a protein from home – grilled chicken, hard-boiled eggs, tuna – and drop it onto some salad bar greens.

(30) Many people plan weekday meals and go wild over the weekend. Plan weekend meals too. If you are meeting friends for a celebratory dinner on Saturday night, make sure the rest of your weekend meals stick to your program.

(31) Let co-workers take the elevator. You take the stairs. (Pretty soon they'll be following you.)

(32) Keep a food and fitness journal, but don't beat yourself up about the findings. Instead, like a detective, use the journal to spot bad habits and find a way to gently correct them. We like the free tool Lose It!, which also has a smartphone app.

(33) Do not skip meals. Ever. If you miss breakfast, there's an extremely good chance you will end up overeating at some point during the day.

(34) Prepare for the apocalypse. Have healthful snacks, such as almonds or beef jerky, in your desk drawer. In your glove

compartment. In your purse. In your gym bag.

(35) Supermarket survival tips: Just don’t buy it and don’t shop hungry. If you don’t put it in your cart, you can’t devour it at 3am. And how many times have you purchased chips and scarfed half of them before you pulled the car into the driveway? (Or is that just me?)

(36) When you hear the candy dish at work calling you, ask yourself, “Will that get me closer to my goals?”

(37) One personal trick: I like to download books, especially thrillers and mysteries. But I have a rule: I cannot listen unless I am walking the dog. I’m so eager to find out what happens next that, more often than not, the dog gets a three-mile walk.

(38) Get a good night’s rest. You are more likely to make poor food choices and skip workouts when you’re tired and cranky. Plus, your body needs the rest when it’s worked out regularly.

(39) Most Americans eat 250 to 300 grams of carbohydrates a day, the equivalent of 1,000 to 1,200 calories. The national Institute of Medicine recommends 130 grams. Look for small, easy ways to cut carbs. Eat the burger with half the bun. Scoop up hummus with cucumber slices.

(40) When you splurge, splurge smart. Example: Those stale, store-bought cookies at the holiday party? Not worth it. Homemade holiday cookies from Mom? Enjoy in moderation.

(41) Don’t drink your calories. Reach for water instead of sugary drinks.

(42) Find ways to relieve stress that do not involve food. Pray. Meditate. Exercise.

(43) Take small, steady steps toward slashing your diet of processed food. Read the labels of anything you’re considering buying. If you see ingredients you cannot pronounce, or lots

of sweeteners, put it down and walk away.

(44) Sugar makes you want more sugar. That has nothing to do with self-control. You're not weak. You're human. And ask yourself: Do you want to control what you eat or do you want what you eat to control you?

(45) Get mad. Get mad at all the ads that bombard you with enticements to eat and drink yourself silly. Get in the habit of noticing those cues, and come up with a mantra to silently repeat to yourself when you see them, such as, "I am not a billy goat. I don't eat trash."

(46) What's your favorite music? That's what you should be working out to. Turn down the volume on the fitness DVD and workout to your own score.

(47) If you don't like running and weights, don't do them. A perfectly good fitness regimen can revolve around yoga.

(48) Would you like someone to scare you into eating fewer carbs? Read "Wheat Belly" by Dr. William Davis.

(49) If you do a lot of casual or fast-food dining, read the calorie counts. Instant appetite suppressant.

(50) If you tend to watch too much TV, make a deal with yourself: no screen time till the workout is done.

(51) Consider your routines. How can you fit in some "flash fitness"? Can you ride your bike to work one day a week? Get your fruits and vegetables during a long stroll around the farmers market? Park your car two blocks from the dry cleaners?

(52) Realize that maybe the real reason you eat too much junk food is because … you're normal.

Our lives are filled with more stresses and demands than ever. Sad but true, food is one enjoyable thing we can do for

ourselves each day. Maybe the best resolution of all for 2013 is to find a healthy way to bring more joy into your life.

That one should be easy to keep!

Opinion: An army makes Clean Tahoe the success that it is

By Ellen Flynn

As this year comes to a close, I look back upon the service we have provided throughout the year to our community, the impact we have made, and I'm compelled to write to my community.

Clean Tahoe's dedicated staff, Jeff Pollitt and Lou Graves, drove the streets of the city and county of South Lake Tahoe picking up more than 150 tons of illegally dumped items, trash on roadsides, public lots and assisted our community in getting rid of unwanted items. The Dinner Table Project, launched in 2010, continues to help those in need in our community with recycled furniture. It's been a great year of being in service.

I'm happy to report that the program's fiscal situation stabilized last year. This hasn't been the case for much of the past five years. The program has struggled financially with the rising cost of doing business and a paycheck that hasn't changed much since 2002. All employee benefits were cut at the close of 2010 so that we could move into 2011 with a balanced budget.

We recognize that we do not fight the battle of litter alone.

It takes an army. An army of people who also recognize that the war on trash can sometimes be an uphill battle. We are your front line troops, so to speak, and we are turning around today to thank the many who stand behind us in our daily crusade.

First, a debt of gratitude goes to the residents of South Lake Tahoe. Without your support, this program would not be successful. Quite simply, Clean Tahoe Program was born from your good stewardship of this area. You voted to spend $1.20 every three months to fund the program. Take a look at your South Tahoe Refuse bill and at the bottom you'll notice the surcharge. For the price of two latte's (we also receive $3 from your property taxes) you have funded Clean Tahoe for the year. Now that's an incredible value.

A huge thank you goes to the fine folks at Heavenly/Vail Resorts Echo Charitable Giving foundation for sponsoring our Community Cleanup Day. Clean Tahoe's annual event continues to provide the once per year opportunity for residents to unload a truckload of unwanted items for only $5. For the past two years they have provided assistance in the form of a marketing guru, a large banner which advertises our event at the senior center, and enough funding to cover the loses which typically run more than $2,000. This generosity ensures that we can continue to offer this event to the community without raising the price. Thank you Heavenly.

To those who became members of the program and are supporting Clean Tahoe in a bigger and more direct way, thank you. Our membership base is growing thanks to your belief in what we do.

Several businesses also chose to invest in the program by becoming business members: The Hard Rock Café stepped in this year with generous sponsorship of $500 and a donation of more than 50 chairs from their restaurant to the Dinner Table Project. Tamarack Rentals joined and Realty World Lake Tahoe

renewed as “Business Plus” sponsors with Huber Plumbing, Sugar Pine Foundation and Svadhyaya Yoga also joining at the “Business” level. All of our members are ensuring that Clean Tahoe continues to serve you at the highest level. (Check out www.clean-tahoe.org to see how you can join!).

Speaking of the Dinner Table Project, the vision of recycling some of the furniture we find and giving it back to those in need in our community is now going on its third year of operation. Since December 2010, the Dinner Table Project has given furniture to 110 families and has received more than 136 donations of furniture. You continue to support this endeavor by donating your used furniture and helping your neighbor. It has been heartwarming indeed to see your generosity. Thank you for your help.

Then there are the locals who hike, bike and walk the paths trails and roadways. You are a mighty force of dedicated individuals who take it upon yourselves to pick up trash whenever you see it. People who take matters into their own hands and just do it. You are legions. To you, we say thank you. Thank you for caring about your community and helping us keep it clean. You are the ones who understand that it is all of our responsibility to do so. You do it for a higher purpose.

Finally, I thank the newly retired Bob Albertazzi, former community service officer for the South Lake Tahoe Police Department and our City Council for making trash ordinance violations and containment a priority. This year saw the institution of a citation process that made people accountable for mismanagement of their trash. We are seeing more animal resistant cans in place and those problem properties with the chronic trash problems are becoming fewer and further between than in years previous.

I commend your service to our community Bob; your ability to get things done is unprecedented in my eight years at Clean

Tahoe. I will miss working with you and I can speak for all of the staff at Clean Tahoe when I say that our city will miss you.

It truly takes an army … a community, and I'm grateful for all of you.

Happy New Year, South Lake Tahoe. May you all be blessed with an abundance of good things in your life. Rest well knowing that Clean Tahoe's business is picking up.

Ellen Flynn is Clean Tahoe's program manager.

Snippets about Lake Tahoe

• Barton Women's Health opens Jan. 2.

• Genoa's Main Street Enhancement project is out to bid. New walkways, landscaping, lighting, signage, improved parking,

and moving some exposed utility lines underground is expected to cost about $1.5 million.

• Truckee is looking for comments on the Canyon Springs draft environmental impact report. The next meeting about the project is Jan. 29, 6-8pm at the town hall.

• The January issue of *Sunset* magazine has a short blurb about Basecamp in South Lake Tahoe being a “rustic-hipster” hotel.

• The Caltrans office that includes Lake Tahoe donated more than $20,000 and 1,100 pounds of food to local charities and agencies this holiday season. Christmas Cheer of South Lake Tahoe and the Food Bank of Nevada County were two of the beneficiaries.

Personnel issues plague S. Tahoe’s juvenile hall

By Kathryn Reed

The $6.3 million Juvenile Treatment Center in South Lake Tahoe has been rife with problems since it opened in 2004.

Since September girls aren’t taken there. They must go to the facility in Placerville because there aren’t enough female employees to care for them. This isn’t the first time the girls have had to be transported to the West Slope.

And when they go, it means pulling a South Lake Tahoe police officer or El Dorado County sheriff’s deputy off the streets in the basin. That in turn means fewer cops on the street, and

more expenses in terms of mileage and potential overtime.



The Juvenile Treatment Center in South Lake Tahoe opened in 2004. Photo/LRS Architects

While the 26,500-square-foot facility has room to house 40 kids, it never has. Thirty-four is the most it has housed, according to Greg Sly, chief probation officer. (The El Dorado County Probation Department runs the JTC.)

According to Don Ashton, principal analyst with the Chief Administrative Office, this month the high mark was 17 juveniles, and 15 in both November and October.

Because the number of delinquents has never hit the maximum capacity, the probation department currently has a budget as though 30 would be the maximum number of kids housed at the center.

“A lot of times we’ve reduced the number to 20 beds and no one knows about it,” Sly said. “Occasionally it’s a problem for a parent of a minor if they’ve been moved to Placerville.”

The reduction in available beds has to do with staffing. With the 30-bed scenario, the Tahoe juvenile hall should have 20 line staff members, plus supervisors. Right now there are five vacancies at the line level – or 25 percent fewer workers than there should be.

Sly told *Lake Tahoe News* this is not a new problem, but one that has been going on since the center opened eight years

ago. He attributes it to wages, people not wanting to live in the snow and/or not wanting to make the commute.

In a letter dated Sept. 27 Sly outlines his concerns to the Board of Supervisors in 36 pages. Much of what was included were historical issues with the facility, but he still presented a case for the need to hire more people to make the Tahoe JTC function at the level it was designed for.

That letter was part of the Oct. 16 Board of Supervisors packet. However, Sly was not able to present his findings and beliefs to the elected officials in person because one day after the letter was dated – Sept. 28 – he was placed on administrative leave.

El Dorado County Superior Court Judge Suzanne Kingsbury signed an order putting Sly on indefinite leave. That order was rescinded Dec. 12.

He was paid while he was on leave, but how much has not been released to *Lake Tahoe News*.

And why he is back on the job or was ever forced out on leave has not been made public. Kingsbury oversees the probation department. However, it is not possible to leave a message at the courthouse until Jan. 7 when employees return to work.

In September, Kingsbury deferred comment to Chief Administrative Officer Terri Daly. She is the top person in El Dorado County. Daly has yet to return any call or email of *Lake Tahoe News'*.

But Sly got what he wanted. Supervisors agreed to hire more personnel. It's possible they could be hired by the end of January. Even so, they still must undergo several weeks of training.

Daly-Sly issues

Daly has been on the job since December 2010. She had worked

as the county's assistant chief administrative officer for five months before the promotion. She was the CAO in Amador County before working for El Dorado County.

Sly has been with the county since 1990, having been head of the department since July 2005. He was instrumental in getting the JTC funded and built.

Sly won't talk to *Lake Tahoe News* about why he was put on leave or why he was allowed back. Nor would he say anything about the investigation that is going on regarding whether Daly acted in retaliation against him. He did say he has retained an attorney.

Bobbi Bennett, the county's Human Resources manager, on Dec. 28 told *Lake Tahoe News* she would respond to a Public Records Request Act within the statutory 10 days.

Lake Tahoe News wants to know what the county paid Sly to not work for more 2½ months, why an outside law firm is handling the alleged retaliation investigation, and how much that firm has been paid. Answers to those questions are public information.

However, with the leave issue falling under "personnel", it may never be known why the CAO asked the judge to remove Sly from his job in the form of an administrative leave.

Karl Knobelauch, the acting Human Resources director, is supervising the retaliation investigation. He did not respond to emails about the subject.

Knobelauch and Daly are friends and know each other from when they worked for Amador County. Knobelauch was the undersheriff until retiring in 2006.

Duffield buys second Incline lakefront estate

By Sarah Tilton, Wall Street Journal

Workday co-founder David Duffield has paid $25.5 million for the Osprey Estate in Incline Village, according to public records.

It is the largest sale at Lake Tahoe since 2008, according to listing agent Kerry Donovan of Chase International; the firm represented the buyer and the seller.

Duffield, also the co-founder of PeopleSoft, bought the 8-acre lakefront property through the Nevada Pacific Development Corporation, of which he is president. The property is the former home of inventor Jerome Lemelson and includes more than 670 feet of lake frontage, a private beach and a pier. There is also a contemporary-style 7,100-square foot main house, a guest house and a conference center. The late Lemelson and his wife, Dorothy, built the house in 1995. The Dorothy Lemelson Qualified Trust was the seller.

Duffield’s other properties in Incline Village include a separate 8-acre lakefront estate that he purchased for $27.6 million in 1999 through the same corporation.

Nevada has grant money to give out for water quality projects

The Nevada Division of State Lands has funding from the Lake Tahoe Water Quality and Erosion Control Grants Program to implement environmental improvement program projects on the Nevada side of the Lake Tahoe Basin. This includes water quality and stream environment zone restoration and enhancement projects. Non-state agency applicants must provide a minimum 25 percent matching funds.

Pre-applications are due in the NDSL office by 5pm Jan. 11. Eligible projects will then be invited in writing to submit a full application which will be due Feb. 15. The full application will be available online Jan. 2. Then click on Tahoe Resource Team.

Forestdale Road no longer open to snowmobilers

With plenty of snow on the ground, Forestdale Road in Hope Valley is closed to snowmobiles for the season as of Dec. 28.

The Carson Ranger District of the U.S. Forest Service prevents access because the are is next to the Mokelumne Wilderness Area and motorized vehicles are not allowed in any wilderness area.

Hope Valley Snopark is open to snowmobilers as a staging area.