Sully Sullenberger to speak at Lake in the Sky Air Show

Chesley Burnett “Sully” Sullenberger, the pilot who became famous when he emergency landed a commercial flight in the Hudson River off Manhattan, will be a guest speaker at the 2012 Lake in the Sky Air Show “Pre-Flight” party at the Embassy Suites Resort from 6:30-9pm on Aug. 24.

Sullenberger also will sign books. He has written two books, “Highest Duty,” a memoir of his life and the events surrounding the landing of U.S. Airways Flight 1549, and “Making a Difference:Stories of Vision and Courage from America’s Leaders.” The Manhattan Dolls will also perform.

Sullenberger will host a second book signing on Aug. 26 at Lake Tahoe Airport, 1901 Airport Road.

The Lake in the Sky Air Show runs Aug.24-26 at the airport and will feature aerobatic performances by several top performers including Bill Cornick, Jon Melby and Spencer Suderman.

Go online for more information.

Ideas for fostering inspiration

By Mandy Kendall

I have to admit that when I came to sit down and write this week’s piece, I found I was somewhat lacking in inspiration. I sat, I paced, I sat again, but nothing sprang to mind. Then,

when I was thinking about something else entirely, it struck me that inspiration itself should be this week's topic. (Cue Homer Simpson 'Doh' moment.) So, I decided to do some research on inspiration and what it takes be inspired; as well as inspiring. It seems that as well as something that strikes us out of the blue, inspiration can be assisted using a few simple tips.



Mandy
Kendall

So here are a few *Qwik-E* tips on how to create your very own inspiration.

1. **Get comfortable.** No one can expect you to be inspired when you feel tense or rushed. Give yourself plenty of time for the ideas to come to you.

2. **Brainstorm.** Jotting down ideas (even if they seem pretty random) will help trigger a flow of thoughts. Even better, throw around some ideas with someone else. It's amazing how refreshing, and enlightening, a different perspective can be. Studies have shown that a combination of brainstorming with others, and then working on those ideas alone, is the most productive.

3. **Don't think about it.** Sometimes our subconscious just needs a little breathing space. Trying too hard to force inspiration will most likely end up giving you a bad idea or a headache (or both). Try doing something mundane that distracts you and you'll probably find that something pops into your head.

4. **Be curious.** Finding out a little bit about lots of

different things will keep your mental library fully stocked with material. The way you put all these snippets of information together will often be where the most innovative ideas come from and be unique to you.

5. **Be prepared.** Often our most inspiring ideas hit us when we least expect them (when we are in the shower or drifting off to sleep). Most phones these days have a ‘record audio’ function. Or just a few post-it notes pads dotted around the place will help capture those potentially elusive thoughts.

6. **Put yourself in someone else’s shoes.** If someone inspires you by what they do try putting yourself in their place and imagine what you would do if you were them.

7. **Laughter is the best medicine.** Studies have shown that having a good laugh encourages other feel good emotions that inspire us to be more creative.

If you prefer being an inspiration:

8. **Share.** Sharing your stories and experiences with others (the good and the bad) often inspires people to go for their dreams too when they see that challenges can be overcome.

9. **Lead by example.** Being a good example, and practicing what you preach, is the best way to encourage people to do the same.

10. **Listen.** Make someone feel important by giving them your full attention. You never know what you might hear that will inspire you if you are really listening.

11. **Encourage.** Sometimes people find it difficult to believe in themselves. By encouraging and believing in them you may just be the inspiration they need.

12. **Challenge.** We tend to do our best when we are challenged. Often all people need is a gentle nudge in the right direction. Just be careful not to push too hard.

Until next time.

Mandy Kendall operates Health Connective in South Lake Tahoe. If you have any questions, would like some advice, or would like to request some Qwik-e tips on any health and wellbeing topic, please feel free to drop me an email at healthconnective@gmail.com, visit us on Facebook, 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.

NVFSC plan for fixing financial mess due to USFS

By Anne Knowles

In the next two weeks, the beleaguered Nevada Fire Safe Council is scheduled to deliver to the U.S. Forest Service an action plan for cleaning up its books for good.

The NVFSC was told by the USFS on June 22 that it had 30 days to produce a roadmap for untangling its financial mess and instituting controls to ensure it properly handles its money going forward.



NVFSC still owes payment for work like

this fuels reduction project done at Lake Christopher in April 2011. Photo/LTN file

The plan could be the first step in getting long-overdue restitution for private contractors, fire departments and homeowners in the Lake Tahoe Basin, who have been waiting for more than $360,000 NVFSC owes them for fuels reduction work going back several years.

The action plan comes a full year after *Lake Tahoe News* first reported NVFSC was undergoing an internal audit triggered by a complaint from a private contractor. That same complaint led to an investigation by the U.S. Department of Agriculture's Office of Inspector General, which in February sent a report to the USFS recommending it recoup $2.7 million in funds and withhold any remaining grant money from NVFSC until the group produced federally-mandated audits and fixed problems found by the OIG investigation.

The OIG found that NVFSC violated several federal regulations, including commingling federal grant money with other funds, allowing one person to be in charge of all aspects of managing the grant money and not conducting annual audits. The OIG also said it had no evidence of criminality, but didn't rule it out.

In the five months since then, NVFSC has been working with the USFS and the Bureau of Land Management, the two agencies that provided the bulk of its grant money, to try to untangle the bookkeeping thicket.

"When you deal with federal entities, especially under a cloud of suspicion, they double check everything," said Larry

Burton, an NVFSC board member and former volunteer fire chief of Ruby Valley in Nevada, who has become a de facto spokesperson for the group. “We are doing the best we can.”

Burton said the group will meet its deadline and hopes the USFS and BLM soon release grant funds they have frozen so NVFSC can send checks to everyone. He said those funds will cover what NVFSC owes.

“I get calls from disgruntled homeowners every day,” said Burton, whose personal cell phone is now the contact number for NVFSC after the group closed its doors in Carson City in April when it could no longer pay the rent. The group’s eight-member board is still intact, but they meet via phone and email now, and one or two employees still do work out of their homes on a volunteer basis, said Burton.

“We realize it’s been a year. We’re trying to pay them. And we’re doing everything we can not to declare bankruptcy because no one would get paid then,” he said.



Andrew List, former executive director, left NVFSC soon after problems were found. Photo/LTN file

Burton maintains that the cause of the problems was mismanagement and not embezzlement.

“It was the commingling Andrew did,” said Burton, referring to Andrew List, the group’s former executive director who left NVFSC soon after the troubles first came to light.

“The BLM very pointedly looked and found that nobody took anything home,” said Burton. “No one can find any misappropriation. The rub came when all the money went into one bank account. You can’t do that.”

The USFS said it found in its audit that funds were combined in one pool and that the forest service was incorrectly billed by NVFSC. The USFS is billing the NVFSC for $1.7 million, according to Lisa Herron, a spokeswoman in the USFS Lake Tahoe Basin Management Unit.

The NVFSC has requested $1 million in grant funds, a request the USFS will review once it is satisfied with the NVFSC action plan.

Meanwhile, NVSFC’s creditors keep waiting.

Susan Swift, for example, is owed $1,700 for tree removal to create defensible space on two properties she owns in South Lake Tahoe. She completed the paperwork to get reimbursed and was told in October 2011 she would receive a check within eight weeks.

When the check never arrived, NVFSC gave Swift different excuses on several different occasions, until she read about the OIG report.

“I told (NVFSC) I had read about their commingling problems in *Lake Tahoe News*, and I told him I just wished they had been honest with me about this from the beginning,” said Swift.

How to clean stains made by juicy summer fruits

By Laura Fenton, Food Network

When we think of summer desserts, our minds turn to grilled plums, peach cobblers, fruit-filled pies and bowls of fresh blueberries and raspberries. The fruits of summer are ripe, sweet and juicy. They're also pesky stain makers. As Tre Mitchell Wright, a fabric-care expert at Whirlpool Institute of Fabric Science, points out, "Fruits were some of the original dyes; the longer they sit, especially on natural fabrics like cotton, the harder they'll be to get out."



Your best tactic for combating stains from fruits (both cooked and raw) is to first scrape any excess fruit off of the garment. If the garment is labeled "dry clean only," don't try to treat the stain. If washable, run the fabric under cold water to flush the stain out. Wring out the excess water and apply plain white vinegar to the stained area. Next work a laundry pretreatment or liquid detergent into the fabric with your hands and let it do its work for at least 10 minutes before laundering the piece using the warmest water the care label allows. If the discoloration remains after washing, try soaking the garment in a solution of color-safe bleach and then laundering it again.

Read the whole story

Torch run to benefit Special Olympics arrives July 14

The Law Enforcement Torch Run is arriving at South Lake Tahoe Moose Lodge on July 14 when riders from four locations in the Bay Area and Central California take part in the fundraiser to benefit the Northern California Special Olympics.

Approximately 50 riders, passengers, athletes, and support crew are expected to start arriving at about 4:30pm for a dinner and celebration. The cops will be wearing bright tutus rather than service revolvers. Jody Filgo, the South Lake Tahoe Area Director for Special Olympics, has arranged for local athletes to greet the riders.

The local Moose Lodge is a co-sponsor of the event. Proceeds support the training and competition that is provided free to the 14,000 athletes who compete in the Northern California Special Olympics.

Over the last three years, law enforcement agencies in the region have raised more than $1 million annually through torch runs. Internationally, law enforcement agencies raised more than $40 million for the Special Olympics last year.

South Lake Tahoe Moose Lodge 1632 is located at 961 Eloise Ave., South Lake Tahoe.

For more information, contact Barry Keil at (530) 545.1087, or call the Lodge between noon and 8pm at (530) 541.1632.

Carlson joins TRPA governing board as presidential appointee

The Tahoe Regional Planning Agency announced Tim Carlson has joined the the TRPA's 15-member Governing Board as the new presidential appointee.

Carlson, a Nevada resident, has more than 40 years of government and business development experience in commercialization and technology transfer.

"The President has appointed someone with the background and experience needed to help TRPA and the Governing Board forge ahead into the future," said TRPA Executive Director Joanne S. Marchetta in a statement. "Tim comes with a vast amount of environmental and development expertise, and a long history with Tahoe having lived first part and now full-time in the Basin."

"I am looking forward to learning and working with the Board and staff to help accomplish the goals of the TRPA and the people it serves," Carlson stated. "It is my hope that I can contribute along-side those that have put so much time and energy into protecting our beautiful Lake Tahoe."

White, Anderson take home ESPY awards

Two-time Olympic gold medalist Shaun White, who rides for Northstar, took home his fifth straight ESPY for Best Male Action Sport athlete and three time X Games gold medalist Jamie Anderson, from South Lake Tahoe and who rides for Sierra, earned her first ESPY as Best Female Action Sport athlete Wednesday.

White produced the first perfect score when he won the X Games halfpipe last winter with a score of 100 for his fifth straight X Games halfpipe gold. White beat out surfer Kelly Slater, snowboarder Travis Rice and motocross athlete Ryan Villopoto for the ESPY, which is awarded based on public voting.

Anderson, who beat out Olympic gold medalist Kelly Clark, Canadian freeskier Kaya Turski and surfer Carissa Moore for the ESPY, won her third X Games slopestyle gold medal last season at Aspen. Her 2011/2012 season consisted of 10 podiums, including two X Games gold medals and second at the TTR World Snowboarding Championships.

The sport will make its Olympic debut in 2014 in Sochi, Russia.

Firefighters from across the state battle Robbers Fire near Colfax

By KCRA-TV

At least 100 people were evacuated from their homes in a rural area outside of Foresthill as a fire burns in Placer County.

A fire that started Wednesday near Colfax continues burning Thursday. Firefighters are working to prevent the blaze from jumping a river.

Evacuations are in place near Foresthill because of a fire burning near Shirttail Canyon, Cal Fire officials said. About 50 houses are threatened, officials said Thursday morning.

Cal Fire crews are working to prevent the Robbers Fire from jumping the American River Canyon, near Colfax. If that happens, the town will be threatened, officials said.

The possibility of strong winds and triple-degree temperatures today will affect the fire – which, so far, has burned about 317 acres and is 20 percent contained.

About 250 firefighters have been called in from across the state.

Read the whole story

Chamber installs 24 wayfinding road signs

Lake Tahoe South Shore Chamber of Commerce said it has completed its wayfinding project, an effort to produce aesthetically-pleasing road signs identifying area attractions. Twenty-four signs are now installed throughout South Lake Tahoe.



The project was initiated with funding provided by the South Lake Tahoe and El Dorado County in response to research showing that visitors to Lake Tahoe wanted help finding beaches, parks, boat launches and other local sites.

Most of the sign are on Highway 50, which required Caltrans approval that took two years to obtain.

– Lake Tahoe News staff report

Stateline gaming win plummets in May

The gaming win at Stateline casinos fell almost 27 percent in May, to $13.3 million from $18.3 million in the same month a year earlier, according to the Nevada Gaming Control Board.



The state’s gaming win was $885 million in May, down 10 percent from $984 million in May, 2011. Tax collections in June, based on May wins, was down 24 percent.

Carson Valley wins were down close to 10 percent to $8.2 million and revenue from Reno casinos dropped 5 percent to $45.5 million.

– Lake Tahoe News staff report