

Polar plunge to benefit Special Olympics

Special Olympics Northern California & Nevada will host the annual South Lake Tahoe Polar Plunge on March 18 at Zephyr Cove Resort.

The Plunge will be featured during a full weekend of events and activities to benefit Special Olympics.

To kick off the plunge weekend, Special Olympics Nevada will host a Tip-A-Cop happy hour from 6-9pm March 17 at Hard Rock Café inside Harveys.

The “space odyssey” themed Polar Plunge will kick off at 10am March 18. Plungers are asked to raise a minimum of \$100 to participate and take the chilly dive for charity. Registration includes a Polar Plunge long-sleeve shirt and admission into the Post-Plunge Party at MontBleu, featuring a hot buffet, no-host bar, music and awards. Costumes are encouraged. Supporters not up to the plunge itself may also raise money as a “chicken” and receive the shirt and admittance into the Post-Plunge Party. Registration and sponsorship opportunities are available **online**.

All proceeds from the South Lake Tahoe Polar Plunge and the weekend’s activities will benefit Special Olympics Nevada.

‘Love/Sick’ opens at LTCC on

March 17

The dual sides of love and relationships get a comedic treatment in the play “Love/Sick” by John Cariani, which will be staged at Lake Tahoe Community College from March 17-26.

Considered quirky, humorous, and poignant, “Love/Sick” is a darker cousin to Cariani’s play “Almost, Maine”, which was a big at LTCC a few years ago.

“Love/Sick” is a collection of nine slightly twisted short plays. Set on a Friday night in an “alternate suburban reality,” this fast-paced romp explores the pain and joy that comes with being in love. While each play contains different characters and storylines, put them all together and they chart the journey of a relationship from the first meeting to the end – or the beginning again.

Eighteen local actors make up the nine couples featured in “Love/Sick,” including Honora Bowen, Tessa Dixon, Carolin Hansa, Conrad Iacobellis, Thomas Lopez, Karoline Magee, Kurt Munger, Aletha Nelligan, Ginger Nicolay-Davis, Kristian Peterson, Brett Robinson, Joanie San Agustin, Amanda Sanderson, Elliott Smart, and Ashley Wallick, all of South Lake Tahoe; Fritz Schlottman of Dayton; and Dave Anderson of Gardnerville.

Performances are March 17 and 18 at 7:30pm, March 23-25 at 7:30pm, and matinee performances March 19 and 26 at 2pm. Tickets are \$10 general admission, and \$5 for seniors, groups of eight or more, children under 13, and students with a valid student ID. Tickets may be purchased in advance at LTCC’s bookstore; the box office will be open for ticket sales one hour prior to all performances.

Liberty offering scholarships to students

Liberty Utilities is offering academic scholarships to high school and college students within its service territory.

The eight schools participating in the fifth annual scholarship program are South Tahoe High School, Loyalton High School, Douglas High School (students residing in Alpine County only), Coleville High School, North Tahoe High School, Truckee High School and Portola High School, as well as Lake Tahoe Community College.

The seven high school scholarships are \$500 each. High school seniors must have a minimum unweighted gpa of 2.5 and be accepted to an accredited four- or two-year college or an accredited vocational school. They also must have some community service experience in the community which they reside.

The Lake Tahoe Community College scholarship is \$750. Those students are eligible for the scholarship if they have a current 2.5 gpa or higher, and have completed at least 18 quarter units at LTCC. They must be enrolled in LTCC's upcoming fall quarter, and have demonstrated leadership through school and/or community service experiences within the community they reside.

Interested students should contact their school's financial aid office or counselor to find out more about the scholarship and to obtain an application. The individual schools have different deadlines, but all scholarships will be awarded starting mid-May through the end of June.

STMS students honored for writing

Soroptimist International of Tahoe Sierra celebrated 14 writers from South Tahoe Middle School at the 10th annual Writing Festival.

Each grade, directed by their language arts teachers, had a prompt that they wrote to. Sixth-grade students wrote a persuasive essay on "Should Teachers Assign Homework." The winners were Hayden Cannon, Stella Devine, Toby Paul and Brock Cox.

Seventh-graders Zamany Loyola, Sage Smith, Lea Merrifield, Leif Ferrier and Skylar Strosky all won after writing about "Reality TV, Beneficial or Detrimental."

Eighth grade essay winners wrote to the prompt "Whom Would you Nominate for the First Woman President?" They were Diego Uribe, Alexia Jacquez, Juan Negrete, Brody Cox and Giovana De Loia.

Awards were presented to first, second and third place in each grade, first place to honors class participants in each grade and first place in seventh and eighth grade flex classes. Each first place winner received \$75, second place \$50, and third place \$25.

Soroptimist International of Tahoe Sierra promotes literacy for students in many ways. The Writing Festival is one example of encouraging middle school students to compete in the writing festival and to be recognized for their exemplary writing skills. Soroptimist has also been providing new books every June to all students K-8 for more than a decade.

– Wendy David, Youth Enrichment and Scholarship Committee co-chair Soroptimist International of Tahoe Sierra

Series of caregiver support classes in SLT

The Family Caregiver Support Program of the El Dorado County Health and Human Services Agency is putting on a free aging and caregiver educational series in South Lake Tahoe.

It will be weekly on Mondays beginning April 17 and ending May 22, 1-3pm at the Lake Tahoe Resort Hotel in South Lake Tahoe.

The series will provide instruction and support for people who care for or plan to care for a family member or friend aged 60 years or older. The series will feature a different topic each week:

- April 17: Caring for the Caregiver: Mindful Self Care – Learn how to “take time” and find respite when it feels there is no time. This presentation will explore various resources for finding solace and respite.
- April 24: Welcome to Planet Alzheimer’s – Learn how to successfully communicate with the person in your life who has Alzheimer’s disease or related dementia.
- May 1: Disaster Preparedness Planning for Family Caregivers – Learn how caregivers can identify potential challenges and take steps necessary to prepare for disasters.
- May 8: Difficult Conversations – Learn helpful tips to handle difficult conversations with family members, including deciding when to stop driving, making legal and financial plans, and going to the doctor.

- May 15: Financial Power of Attorney and Advanced Health Care Directives – Learn the legal rights and responsibilities of a health care and/or financial agent, including many other responsibilities associated with the health and well-being of your loved one.
- May 22: Do I Really Need all These Medications? This presentation will focus on the most common prescriptions and possible interactions that may occur, as well as the need to review and/or adjust medications on a regular basis.

Participants may attend one or all of the classes. The classes are free; donations are accepted. Light refreshments will be served.

Advanced registration is requested, but not required. Call 530.621.6151 to register for one or more classes, or for questions.

History of blue jeans to be revealed in SLT

As the well-known inventor of riveted work pants, much has been written about Jacob William “JW” Davis, some fact and some fiction. The fact that the world’s favorite item of clothing was invented and patented in Reno by him is unknown to most locals and denim fans worldwide.

Having followed numerous paper trails, Kathleen P. Clemence will give a talk in South Lake Tahoe about the true story of Davis and his family based on documented evidence.

Weaving the intricate threads of Davis' compelling life story, Clemence will discuss his journey from Russia through the Canadian wilderness and on to the American West, as well as his many business ventures along the way. Details will include his family history, including his marriage to Annie Packscher, who may be the missing link in this story that changed the future of the fashion industry.

Friends of the the South Lake Tahoe Library is hosting this free talk on March 28 at 6pm, at the library, 1000 Rufus Allen Blvd.

Artist to give talk, demo at LTCC

Lake Tahoe Community College Art Club is bringing artist Max Rain to campus for two days of free events for the entire community.

On March 10, Rain will present a lecture and slideshow about his varied artistic pursuits at 5:30pm in Room F101 in the Fine Arts building. On March 11 from 10am-1pm in Room F104 in the Fine Arts building, Rain will host a free demonstration of the more technical aspects of his work.

Space is limited for both of these free events.

Rain uses clay, wood, and paper as mediums, incorporating images rendered in ceramic and stains, shoe and nail polish, colored pencils, and more. His sources of inspiration are late Renaissance paintings, the muralists of the Works Progress Administration (a New Deal era agency that employed millions of people in public works projects), and communist propaganda

posters from China and the former USSR. However, it's Rain's modern urban experience of living in Los Angeles that informs his day-to-day inspiration.

Kings Beach gearing up for annual Snowfest

The annual Kings Beach Snowfest Parade will take place on March 11, 11:30am-12:30pm along Highway 28 starting at Secline Street and ending at the Coon Street roundabout.

It will feature entries from more than 30 community nonprofit organizations, government agencies, service groups, and local businesses.

There will be an announcing stand in front of the King Building on Highway 28 near the Bear Street roundabout. The parade will take place snow, rain, or shine.

Motorists should be aware that Highway 28 in Kings Beach will be closed between Highway 267 and Fox Street for the parade starting at 11:25am. Detour routes will be available.

Before and after the parade as there are many events. For a complete schedule of Snowfest events, go **online**.

Tips to create a life that matters

By Pete Bissonette

Are you doing what matters most to you?

Does your work give your life meaning?

I'm not asking whether you are happy, but whether your life has meaning.

A study in the *Journal of Positive Psychology* examined attitudes toward happiness and meaning. It showed a meaningful life and a happy life overlap in certain ways, but are ultimately different.

"While happiness is an emotion felt in the here and now, it ultimately fades away, just as all emotions do," wrote Emily Esfahani Smith about the study in *The Atlantic*. "The amount of time people report feeling good or bad correlates with happiness but not at all with meaning. Meaning, on the other hand, is enduring. It connects the past to the present to the future."

Another study confirmed this, she said, "People who have meaning in their lives, in the form of a clearly defined purpose, rate their satisfaction with life higher even when they were feeling bad than those who did not have a clearly defined purpose."

Giving your work meaning can be a simple shift in perspective, as it was for me.

Back in the 1990s the focus of our company, Learning Strategies, was to sell more audio programs and enrollments. We were sales oriented as were most companies.

Then we switched our mindset from selling to helping more people experience their potential, and two things happened. First, I felt more fulfilled and happier, and second, our business grew significantly. The level of meaning in my life increased considerably as did the success we enjoyed.

My colleague Stewart Emery and his co-authors of the book *Success Built to Last* interviewed two hundred of the world's most successful people and uncovered the same experiences.

"Above all else, no matter where they have chosen to excel—in business, the arts, sports, social service, community, or family—each has achieved success by focusing on the things that matter most to them," he said.

"Enduringly successful people follow their hearts, aligning their thoughts and actions with their passions," said Stewart. "They become energized by their work and stay on purpose and committed in the face of setbacks and challenges."

I couldn't agree with him more. During our company's long-term success, there have been some extremely difficult times. But as long as we held fast to our vision to serve others, we really never had to worry. It fueled everything we did.

To create a life that matters to you, consider the following:

- What gives your life meaning? What brings you the greatest joy? Loving what you do and who you are is the greatest motivator for building lasting success. Just shifting our company focus from sales to impacting people, gave me and our staff meaning, and it continues twenty years later. Is there a shift like that you can make?
- Are your thoughts toxic or supportive? Are negative thoughts and self-doubt or the criticism of others drowning out that voice inside of your head—that whisper or "silent scream" telling you what really matters? Learn to responsibly manage your thoughts in ways that

keep you on track to your goals, despite obstacles or burdens you will undoubtedly face.

- Are you taking action? What are you doing to bring you closer to your goals or attract into your life people and activities that will support you? While meaning drives success, meaning without action will get you nowhere.

When you align your thoughts and actions with what gives your life meaning, you magnify your passion and impart greater clarity to your purpose than ever before.

Pete Bissonette is author of the forthcoming novel “Breakfast Tea & Bourbon”, where living a meaningful and joyous life weaves through the story. He is the president of Minneapolis-based Learning Strategies, a personal development training and publishing company founded in 1981.

Tahoe Tails – Adoptable Pets in South Lake Tahoe



Mac

Mac is a sweet happy 3-year-old boy who has been at the

shelter for almost six weeks. He is a lot of fun and has good manners, but he is starting to become barky after being in the shelter for so long.

He does well with most other dogs and has lived with cats. He loves to have his tummy tickled. Mac was found abandoned, tied to a tree with Bowie the cat, who has been adopted. His adoption fee has been partially paid.

Mac is neutered, microchipped, tested for heart worm, and vaccinated. He is at the El Dorado County Animal Services shelter in Meyers, along with many other dogs and cats who are waiting for their new homes. Go to the Tahoe animal shelter's Facebook page to see photos and descriptions of all pets at the shelter.

There have been only two adoptions in the past three weeks, please share the pet information with anyone who is looking for a new friend.

Call 530.573.7925 for directions, hours, and other information on adopting a pet.

For spay-neuter assistance for South Tahoe residents, go **online**.

– Karen Kuentz