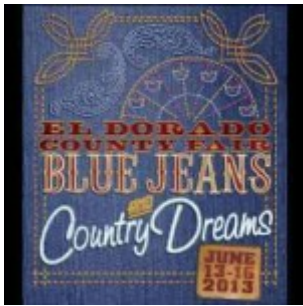


El Dorado County Fair revamping contests

El Dorado County is changing some of divisions for various competitions for June 13-16 event.



For example, not all professional photography needs to be framed, there will be classes for framed and non-framed work for pro, and with moving into a larger building, there is no longer a photography entry limitation. In addition, the computer section has been completely revised to include many graphic design classes, blogs, WordPress, mobile aps, JavaScript programming and more. We've added new divisions in the baking and confections category including Ugliest Cake Decorating and Men's Only Baking. In the preserved foods category, there is a new division called Sassy Sauce, where exhibitors can enter their sassiest and most prized recipes with "Sassy" in the title. The Wine Label competition was revised to include Classical, Label Series, Whimsical, Artistic And Painted/Etched Bottle classes.

Enter in one of the divisions listed above or check out the entry guide online for more options.

Entry deadline for this year's fair is May 22. South Lake Tahoe residents may drop off entry forms and entries at the South Lake Tahoe Library the week of May 13 during library hours.

Entry forms are available online.

The 2013 El Dorado County Fair theme is Blue Jeans and Country Dreams.

Tahoe Tails – Adoptable Pets in South Lake Tahoe

Mallow and Orchid are brother and sister, beautiful lynx point and cream shorthair cats who are about 1 year old.



They are friendly cats who are just a bit shy in the shelter, but they warm up nicely when treated gently. They must be adopted together.

Mallow and Orchid are spayed-neutered, microchipped, and vaccinated. They are 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 online to see photos and descriptions of all pets at the shelter.

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

KidZone Museum rocking out to raise money

Rock stars from all eras plan to appear April 27 at the KidZone Museum's annual fundraiser at Dragonfly Restaurant in Old Town Truckee from 6-11pm.

Be certain to look twice though, as that rocker might just be your neighbor, your child's teacher or your church's minister just stepping out for Big Night Out – Rock Starz.

"Big Night Out – Rock Starz gives parents an opportunity to have a night of action-filled adult activity and to unleash their creativity. Come dressed as your favorite musical artist; get some friends and be a band, or just dress like a rock star," says Carol Meagher, executive director, KidZone Museum. "Prizes will be awarded for the best costumes."

Tickets cost \$45 per person in advance and \$50 at the door, which includes one drink (beer and wine), dinner, dance music, a silent and live auction and raffle.

All proceeds go to the KidZone Museum. Tickets are on sale online or call (530) 587.5437.

Polar plunge to raise money for Special Olympics

On March 23, more than 300 Californians and Nevadans will plunge into the winter-chilled waters of Lake Tahoe at Zephyr Cove – all in the name of Special Olympics.

Donned in costumes but without the protection of wet suits, Special Olympics athletes and their supporters will jump into Tahoe's icy waters for the South Lake Tahoe Polar Plunge, a fundraiser for Special Olympics Northern California and Nevada.



It was 22 degrees outside at the 2012 South Shore plunge.

Photo/Provided

Plungers include UNR mascot Wolfie Jr., the Reno Bighorns mascot Bruno, Miss Nevada Teen, Carson City Mayor Bob Crowell, South Lake Tahoe Mayor Tom Davis, radio personalities Meghan Burk and Howie Nave, the illusionist from Illusion Fusion Alex Ramon, Nevada Director of Public Safety Chris Perry, Highway Patrol Chief Troy Abney, Carson City Sheriff Ken Furlong and others.

To register, go online.

Plungers, which include individuals, companies, law

enforcement, families and schools, are asked to raise a minimum of \$125 – which provides one season of sports instruction and competition for a Special Olympics athlete at no cost to the athlete. The Polar Plunge raises funds that directly allow a Special Olympics athletes to participate in regional, national and international competitions all the while promoting acceptance, building bonds of friendship and unity and creating lifelong memories.

Check in is at 10am, costume contest at 11:30am, the plunge at noon and the party at MontBleu at 1pm.

Bartering can bring people together

By Mandy Kendall

Since the beginning of the New Year we have had, like many others, our share of trials and tribulations. I have to admit that there were many times I wanted to feel sorry for myself, but you know what put a stop to that? This wonderful community of ours.

I thought I knew how generous people could be, but I really found out when we were in need. Friends rallied round, even strangers, who are now friends, did what they could to help. I've being aware of how generous our community is to local organizations and charities, but the random acts of kindness we experienced was just as overwhelming. Is there anything more heartwarming than a home cooked meal brought to your door or an errand run for you because you just can't do it

yourself?



Mandy Kendall

So now as we are on our way back to some kind of normality we are starting to return favors, which has led to an organic kind of bartering. That got me wondering what ever happened to good old-fashioned bartering? And why can't so much more be done this way?

How about a homemade apple pie for a haircut? Monetarily it might not be of equal value, but in the barter system the true value is in the satisfaction of both parties. Why are we so hung up on money being the scale against which we measure our worth? Surely the value of a service or goods is in the eye of the beholder.

So, I am going to propose an experiment in this wonderful community of ours.

I have set up a Facebook group called Barter Tahoe and I invite anyone who would like to exchange a service or goods for another service or goods to post on the group. Maybe you make fabulous baked goods, but can't clean out your gutters. Maybe you don't use your pressure washer very often, but really could use a good carpet cleaner once in a while. If you don't know what you'd like to get in exchange for your service or goods, you could just ask "what would anyone offer me in exchange for this?" You get the idea. I think we could get really creative with this, what do you think?

So, I'm going to start, we have two kettle bells and a set of

kettle bell DVDs that have been sitting in our garage for ages. I'm not sure what I would take in exchange but I'm open to offers. Check out my post on the Facebook group.

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.

Bob Bender – 1938-2013

Dr. Bob, as he was known to so many, died March 8 after a long battle with cancer. He was 74.

Robert I. Bender was born Sept. 20, 1938, in Downey to Blaine and Helen Bender. Bob grew up in Temple City with his siblings Darryl and Cheryl.

He graduated from Whittier College with his bachelor's degree and went on to receive his medical doctorate at UC Irvine College of Medicine. He served four years in the U.S. Air Force as a captain and flight surgeon.



Bob Bender with Li'l Smokey
at Lake Tahoe Wildlife Care.
Photo/Provided

Bob practiced medicine in Whittier and La Habra.

In 2007, he left Diamond Bar and moved to his vacation home in South Lake Tahoe after retiring from medicine. A former owner of Camp Richardson Marina, Bob has been a long-time member of this community.

On Feb. 27, 1971, Bob performed his first wedding as a minister. It was for his sister, Cheryl, and Tom Millham.

The Millhams operate Lake Tahoe Wildlife Care. Bob was a part of LTWC since the inception, helping with medical situations whenever he was available.

Bob is survived by his wife, Robin; daughter Samantha; son Robert Spencer; son Randy and daughter-in-law Yolanda; daughter Tiffani Calvert and son-in-law Chris; daughter Kari Deol and son-in-law Steven; sister Cheryl Millham and brother-in-law Tom; and brother Darryl and sister-in-law Beverly; seven grandchildren, four nieces and one nephew.

A loving husband, father, friend and physician, Bob will be truly missed by all who knew him.

A memorial service is planned for March 23 at 12:30pm at Calvary Chapel Chino Hills, 4201 Eucalyptus, Chino. An open house will be in South Lake Tahoe in April. Details to follow.

In lieu of flowers, a special fund has been set up for Samantha, 16, and Spencer, 13, at: Dr. Bob Bender Memorial Fund, c/o El Dorado Savings Bank, 942 Emerald Bay Road, South Lake Tahoe, CA 96150.

Free tickets to concert in Crystal Bay

Win two tickets to see Conspirator on March 16 at the Crystal Bay Casino Ballroom.

To enter, send an email with your name and phone number to contests@theconfluencegroup.com by noon March 15 with "Lake Tahoe News and Conspirator" in the subject line. The winner will be chosen by 5pm on March 15.

Conspirator latest album is "Unleashed" – it includes their hit single "PowWow".

Workshop focuses on how to deal with change

Business owners, managers and individuals who need the tools and language to cope and to inspire themselves or their teams to move forward during changing times are invited to attend Taking Charge of Change, Business as Unusual on March 20 from

9am to noon at the Cedar House Sports Hotel, 10918 Brockway Road in Truckee.

At this seminar sponsored by the North Lake Tahoe and Truckee Donner Chambers of Commerce in partnership with the Sierra Human Resources Association, participants will navigate the Three Phases of Change, discover the “20-50-30 rule” and adopt 13 New Work Habits for a Rapidly Changing World.

The speaker is Laura Moriarty, a seasoned HR executive, nationally known corporate trainer and frequent presenter of Sierra Human Resources Association workshops.

Whether change is happening at work or at home, participants will take away tools to help them accept ambiguity and uncertainty and take ownership of the future.

Register and pay online before March 20: \$39 for SHRM members, \$49 for chamber members, \$59 for non-members. Beverages and snacks will be provided at 8:30am.

For more information about the workshop, call Laura Moriarty at (530) 573.0224.

Narcotics officers do their part to reach kids early

Publisher's note: This is one of a few articles about the Drug Store Project. This marks the 10-year anniversary of the program. This year's event will be April 2 at Lake Tahoe Community College. For more info about volunteering, donating or if you have questions, email Lisa Huard at lhuard@ymail.com.

By Jeff Catchings

For more than six years I have been involved with South Lake Tahoe's Drug Store Project, a reality based presentation targeting our community's sixth-grade students. The project was originally presented 10 years ago as an awareness campaign targeting our youth and educating them on the debilitating effects drugs have on our society.

This campaign has, over time, become much more than that. By reaching out to an impressionable target group, law enforcement and local educators are bringing the message of "choices" to young students. The choices you make through middle school and high school can shape what you will become as a young adult.



The Drug Store Project is a daylong, simple depiction for the students of "Make bad choices and you or others will have negative consequences." "Good ones will benefit you."

I believe most child advocates agree a sixth-grade child stands on the doorstep of making independent choices on who they will associate with, what type of group they may socialize with and what choices will best suit their blossoming lifestyles. These students, believe it or not, also stand on the frontline of experimenting with drugs or alcohol. Friends, siblings, social groups and families will weigh heavily on these pending decisions.

The Drug Store Project points the students' attention toward these choices front and center with a reality-based platform depicting the consequences of drug and alcohol abuse.

As the commander of the South Lake El Dorado Narcotic Enforcement Team, I lead a group of law enforcement personnel on the opening presentation for the Drug Store Project. Our

presentation deals with recognition of certain drugs, their effects on the body as well as the social consequences of drug use. Every year we see a different group of sixth-grade students who all have the same look on their faces when they walk into our presentation. The look of, "Cool! Were out of class and on a field trip!" In 15 minutes of speaking I change that to "My mouth is shut, my eyes are wide-open and you have my full attention".

It's actually quite easy to do when you experience 24 years of dealing with "not societies finest". The stories that go along with the experience somehow get everyone's attention.

It's this attention that will help the students focus on the remainder of the presentations in the Drug Store Project. My message to the students during our presentation is something they can use as a tool to push back against peer pressure, "That's not me" or "That's not who I am". The words are simple but firm. It's a statement that allows students to remind their friends of who they are, someone who does not use drugs or alcohol.

Helping them understand the effects of drug use and how to respond to someone who encourages it is our cornerstone for the daylong event. The presentation opens the gateway to a realistic encounter for the student and introduces them to the judicial and familial consequences through role-playing with the presenters. It is accomplished by placing the students in a hands-on environment with first responders, judicial personnel, narcotic agents, educators and the National Guard all of whom carry a message of "Choices – What are yours?"

In addition to the presentations, the California National Guard and first responders present a static display of equipment and are available for one-on-one time with the students. Most students may know some of the Drug Store Project facilitators and ask questions they would not ask in any other forum. Most of the facilitators are members of this

community who are not recognized outside of their jobs or vice, versa. Seeing them in uniform always brings a positive feeling to the students who know them.

Numerous students following the presentation have approached me off duty. The comments are always positive and all agree it was "pretty cool." Then I get the "I didn't know you were a cop." Then "That's not me!" The short time spent bonding with these students during this unique day is resounding in a way that's hard to describe.

Hearing "That's not me" shouted across a baseball field on Saturdays and seeing a middle school student giving me the "what's up" nod shows we got in their heads for good.

By no means is the Drug Store Project an end all answer for drug prevention. It is, however, an incredibly successful tool that allows us to convey the message of "choice." Participants in the Drug Store Project receive a message of support from the facilitators and hear firsthand from their own community on the effects of drug and alcohol abuse. Failing to teach the consequences of drug and alcohol abuse rest on the shoulders of those who refuse to advocate against it.

The news of its debilitating effects seems to have grown heavy on those who have heard it for so long. Our society in general seems to embrace the use of narcotics and alcohol as a recreational vice now more than ever. It is the impression of which we as parents will and rightfully should teach against for children who are standing at the gateway of its use.

As a resident of South Lake Tahoe and one who is involved in youth sports programs, it is the community aspect that I most admire about the Drug Store Project. How people will convene to present a voice against a debilitating vice targeted at our youth. Others admire it as well. So much so that other communities in Placer County have adapted or are starting their own community based model.

Awareness is a powerful tool when targeted at the impressionable. It is something that we should include in the curriculum of growth and knowledge.

I will always be an advocate for this program and would encourage or even challenge others in our own community to take one step further. We should never fail at something so simple to teach.

Jeff Catchings is the task force commander for South Lake El Dorado Narcotics Enforcement Team.

Tahoe Tails – Adoptable Pets in South Lake Tahoe



Looking for an athletic, good-natured companion? Bella is a 2-year-old pit bull who is very quiet in her kennel, but she perks up when the leash comes out.

She walks nicely on her leash, takes treats very gently, and is affectionate toward people and friendly with other dogs.

Bella is spayed, microchipped, and vaccinated. She 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 online to see photos and description of all pets at the shelter.

Right now there is also a guinea pig.

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*