

'Around the World in 80 Days' at LTCC

Stampeding elephants, raging typhoons, and runaway trains will fill the Duke Theatre stage as the Lake Tahoe Community College Theater Arts Department presents the hit comedy "Around the World in 80 Days".

Performances are March 15, 16, 21, 22, and 23 at 7:30pm, with Sunday matinees on March 17 and 24 at 2pm.



The year is 1872, and Phileas Fogg has agreed to an outrageous wager that puts his fortune and his life at risk. With his resourceful servant, Passepartout, Fogg sets out to circle the globe in an unheard of 80 days, putting his fortune

and his very life at risk. But his every step is dogged by a detective who thinks he's a robber on the run. Danger, romance, and comic surprises abound in this whirlwind of a show as a handful of actors portraying 39 characters traverse seven continents in this new adaptation of one of the great adventures of all time.

Tickets are \$10 general admission, \$7 for seniors and groups of eight or more, \$5 for students with a valid student ID and children under 13. Tickets starting March 11 may be purchased in advance at LTCC's bookstore Monday through Thursday, 9am to 7:30pm, and Friday 9am to 2:30pm. The box office will be open for ticket sales one hour prior to performances.

For information, call (530) 541.4660, ext. 207.

People should be treated as well as dogs

By Mandy Kendall

It turned out that our puppy's little episodes last week were a symptom of something a bit more serious than a tummy upset. This resulted in us spending pretty much every day for a week at the Carson Valley Veterinary Center.

The care and love we received there was truly inspiring. I say "we" because not only did they take care of our puppy, they also took care of us. There were hugs and tears and laughter, all during a pretty stressful time. Even the staff that was not involved in taking care of us stopped and chatted and rubbed a tummy (the dog's tummy that is).



Mandy Kendall

I can't say I've ever been in a hospital for humans where that happened. What is it about animals that get us humans to open up and interact so much more freely?

I've noticed during our walks, too, that strangers seem much more comfortable about stopping to chat when you have a dog. Maybe it's the unconditional love that pets are willing to offer with no judgments or -prejudice. A study of 5- and 6-

year olds discussed by Jason G. Goldman on The Science Blog showed that those children “more attached to their pets showed greater empathy toward peers.”

Could it be that our social constraints prevent humans from being as open and friendly with each other as they would like to be? Do pets provide us that safe space for us to behave the way we really want to behave?

How often do we hear stories or see videos about how emotionally and physically beneficial pets have been to their owners. Pets seem to have a natural ability to accept us for who we are and love us regardless. Wouldn't it be amazing if people were like that? Now I know some people are not very likeable, but what if we treated them as if they were? What if we just appreciated them regardless?

Here are some *Qwik-e* thoughts to take with you:

- Try to approach everyone with an open heart and mind, no prejudgments or agendas, just with love and appreciation.
- If you meet someone who appears unlikeable, just imagine him or her as being friendly and treat him or her accordingly.
- Treat everyone you meet as if they were carrying a really cute puppy.

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.

Crash-course in dancing has Tahoe-ites ready for the stage

By Kathryn Reed

Smiles are scarce. Concentration levels are at their peak. Counting to four keeps being repeated. Bodies are being twisted in ways they aren't used to moving.

Today will be the last of four practice sessions for the six South Shore residents who will take the stage March 1 with professional dancers as their partners. Dancing with Your Stars is a take-off of the wildly successful "Dancing with the Stars" television show.



Six Tahoe-ites will perform with professionals March 1 in Dancing with Your Stars. Photos/Kathryn Reed

Wendy David has a perplexed look as she asks Andrew Blackburn, "What are we doing now?"

The Lake Tahoe Unified School District board member is paired with a tall partner. She stretches to put her arm around Blackburn's neck. As Tuesday's rehearsal progresses, she is bending and turning with more ease.

Lake Tahoe Visitors Authority Executive Director Carol Chaplin quips, "The fact someone can flip me ... I'm thrilled."

Chaplin and Joey Williams are taking up a good portion of the width of the multipurpose room at Sierra House Elementary School as they work on a two-step.

The guy from Tahoe, Curtis Fong, is more stationary in his area of the room. At one point it looks like he is proposing to Sarah Najdek, but then she tells him he's supposed to be facing the "audience" and not her.

Joel Damerall, South Tahoe High teacher, doesn't seem to be having fun until near the end of the second day. By then he is spinning Jen Hayes like they have been dancing together for weeks and not just hours.

Bert's Café owner Bueno Ketelsen is like a matador as he spins a black and red cape to the beat of the music. A smile crosses his face when partner Casey Bartlemay tells him he got it.

The sixth local competitor is Deb Howard, but she missed Tuesday's session.

"We prefer when they don't have a ton of training. Then it's like a fresh canvas for us," Jesse Maher, assistant director for the Utah Ballroom Dance Company, tells *Lake Tahoe News*.

Just like the TV show, video and interviews are being shot during the rehearsals that will be played during the performance. And just like the TV show, the contestants will be all decked out in fancy clothes and makeup.

Each duo will perform one dance routine. Each is a different type of dance like the Waltz or jitterbug. During the

intermission the audience will pick their favorite. That score will be combined with the judges' (Marcia Sarosik, Pat Ronan and Paul Middlebrook) score to crown the winner.

The second half of the show is all about the professionals, of which there are about 20 who will be on the stage.

The money raised goes to Tahoe Arts Project, the local organization that brings performing arts to South Shore schools. (One program was cut this year because donations to TAP have dwindled.) The six dancers who have been practicing with locals all week have also been working with students all week.

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Note:

- Dancing with Your Stars – March 1, 7pm
- MontBleu casino in Stateline
- Tickets are \$10 for adults and \$5 for children.

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**WHS students selected as
pillars of their class**



Sarah Tencher, Emily Harris,
Amanda Harris, Nicki Simon
and Sierra Forvilly

Publisher's note: *Five Whittell High School seniors were honored Feb. 27 by Soroptimist International South Lake Tahoe as young women of distinction. The following is what counselor Estela Gerlinger said about them at the lunch at Harrah's Lake Tahoe.*

By Estela Gerlinger

Sarah Tencher

Sarah has always been dedicated to her academic endeavors. She will be graduating with an honor's diploma and a GPA of 4.21. During her high school career, Sarah has consistently found her place on the honor roll for her academic achievements. Sarah enjoys being challenged and she has a real thirst for knowledge. Her favorite subject is math because it is not subjective and it's based on facts. And although Sarah hasn't decided on a specific career or major to focus on in college, she knows she would very much like to study something that involves math and science.

What makes Sarah a great individual is that she is not only a great scholar, but she has also learned how to balance a rigorous class schedule with extracurricular activities. Sarah has participated on the volleyball and softball teams and in cheerleading. In addition, Sarah belongs to the Key Club and the National Honor's Society where she has learned leadership

skills that will translate well into college. Last but not least, Sarah enjoys serving her school as our current senior class vice president and class treasurer.

As well as being an exemplary student at Whittell High School with excellent grades and citizenship, Sarah has dedicated much of her free time to community service. Sarah understands the importance of giving back and has enjoyed doing so by participating in causes that are near and dear to her heart; Breast Cancer Awareness, Nevada Humane Society, Relay for Life, and Special Olympics.

When I asked Sarah who has had the most influence on her, she quickly responded that both her parents have had the most influence on her. She admires her mother for being caring and empathetic, and her father for being motivated and hardworking. This response was not surprising as Sarah is an individual who has cultivated all of these great qualities within herself.

Amanda Harris

As her new counselor, I have gotten to know Amanda for the well-rounded student that she is. Amanda is a great example of the complete George Whittell High School Student. I say this because Amanda has managed to be involved in our school across all areas.

As part of our Executive Student Council, she is always looking to improve school spirit on campus not only by planning events that encourage school involvement but by leading by example. Amanda is a member of the school's Black and White Choir, Christian Club, National Honor Society, Academic Team, and Youth Group. As a natural athlete, she is involved in sports and this year was awarded division MVP in volleyball and All Team League in basketball. Amanda has carried the determination, enthusiasm, and focus she has for athletics into the classroom by challenging herself

academically and enrolling in AP and honors courses.

Amanda learned from a young age to fight for what she wants when her father was diagnosed with lymphoma. Watching him fight for his life and turning to her faith, instilled in Amanda a determined work ethic and a need to want to help others. Growing up, Amanda also learned to admire her mother for being the person who has always held the family together and keeps it running like a smooth machine.

No matter how demanding her school obligations are, Amanda still has been heavily involved in community service dedicating her little free time to causes that are near and dear to her such as the annual Relay for Life, helping out at her church, and mentoring younger children through athletics and contests. That is why it's not surprising that Amanda after graduating from George Whittell High School with an honor's diploma and a GPA of 4.16 is excited to begin her path to becoming a high school English teacher. A career that will give her the opportunity to marry the two things she loves, English because she believes there are no definite answers, and teaching which gives her the opportunity to help others. Amanda is well on her way to achieving her goal and her next step will be to pick between McDaniel College in Maryland or Coker College in South Carolina, as they've both offered her a scholarship and the opportunity to play volleyball.

Sierra Forvilly

I have gotten to know Sierra for the dedicated and all-around great individual that she is.

Sierra has always been dedicated to her academic endeavors. She currently is on track to graduate with an honor's diploma and she has a GPA of 3.94. During her high school career, Sierra has consistently found her place on the honor roll as well.

Like her peers, Sierra has learned how to balance a rigorous

class schedule with extracurricular activities. Sierra has a deep passion for athletics that was instilled in her by her father, a former USC athlete. She credits her father for teaching her work ethic and giving her the tools to become the strong and independent young lady that she is. Sierra's first sport of choice is track. Because we live in a small community that lacks coaches, she's had to rely on her father for guidance. But it was Sierra who took the initiative and dedicated long hours to practicing so that she could compete at a high level. Her dedication paid off, as last year, Sierra led her team to the state championship title and Sierra broke and set a new record in the 300-meter hurdle. This fall, Sierra as team captain led the varsity soccer team to the state runner-up title for the first time in 15 years. Sierra was able to accomplish all of this all while participating in cheerleading.

Off the field, Sierra's other love is singing. As a member of our Black and White Choir, she truly enjoys any the opportunity she gets to perform. Sierra is also our school newspaper and yearbook editor. This is a huge responsibility for Sierra as she has had to learn how to manage her time and balance her schedule between her academic obligations, athletics, cheerleading, and choir all while ensuring that her classmates are on task so that she can meet her deadlines.

As well as being an exemplary student involved in all aspects at Whittell High School with excellent grades and citizenship, Sierra has dedicated what little free time she has left to community service. Sierra understands the importance of giving back and she has enjoyed doing so by volunteering her free time to mentoring younger students and coaching them in track and soccer.

In speaking with Sierra, I asked her how is she able to manage to get everything done in addition to working part time for her family's business. Her response is that she has always liked to keep busy. It isn't always easy, but as she has

learned in track, life will always have hurdles and it is all in how you approach those hurdles. With this attitude, I have no doubt that Sierra will achieve her goal of someday becoming a doctor.

Emily Harris

As her new counselor, I have gotten to know Emily for the well-rounded student that she is. Emily, like her twin Amanda, is a great example of the complete George Whittell High School Student. I say this because Emily's school involvement spans across all facets. She is an honor student and a member of our Black and White Choir, Christian Club, National Honor Society, Academic Team, and Youth Groups. In addition, Emily continues to dedicate much of her free time to serving others in the community.

At a young age, Emily's father was diagnosed with lymphoma. This diagnosis and seeing her father fight for his life had a great impact on Emily. She didn't completely understand the details of his diagnosis; all Emily knew was that he was going to fight it. The other person Emily truly admires is her grandfather. Listening to him proudly speak of the time he served in the navy and his stories about Vietnam and Korea have truly inspired her. Both her father's determination and her grandfather's service have made her equally determined to win every challenge that comes her way.

Therefore, it is not surprising that Emily has immersed herself in sports and she has relied on her faith and close family bonds to help her become the strongest student athlete she can be. Whenever she is faced with an obstacle, she tells herself that like her father and grandfather, she must continue to fight and give her best. Due to this drive, Emily has earned numerous athletic awards and honors including First Team All League in both basketball and volleyball this year.

Emily's enthusiasm for athletics has carried over into the

classroom where she has challenged herself academically by enrolling in AP and honors courses. Emily will be graduating in June from George Whittell High School with an honor's diploma and a GPA of 4.21. Emily is excited to continue on her path and like her sister, Amanda, Emily has been offered scholarships and the opportunity to play volleyball both at McDaniel College in Maryland, and Coker College in South Carolina. Emily looks forward to the small college atmosphere these schools have to offer and embarking on a new experience. Although Emily is undecided as to what specific career she is interested in pursuing, Emily does know that no matter what challenges she is faced with she will fight through and land in a profession where she will help others.

Nicki Simon

Nicki Simon will also be graduating with an honor's diploma and she has a GPA of 3.96. Nicki credits her mother as the person who has influenced her the most. Watching her mother go back to school later in life and start a career in nursing has been very inspiring to Nicki.

Like her peers here today, Nicki is not only a great scholar, but she has also learned how to balance academics with extracurricular activities. She has been playing basketball, varsity softball, and varsity soccer since her freshman year. Nicki credits these experiences for teaching her the importance of hard work and dedication, and how to become the senior and the captain that she is today. This fall Nicki was awarded the Coach's Award for her participation in soccer.

In addition to athletics, Nicki is the Key Club president, executive vice president, a member of the National Honor Society and a senior class representative. With these credentials it is no surprise that Nicki's favorite class is American Government as she finds learning about laws and how they affect our society very interesting. Nicki is grateful to have attended a small high school, because by having had the

opportunity to be involved in athletics, academics, and numerous other activities including the Black and White Choir, it has given her the ability to grasp what she enjoys doing most.

Nicki really enjoys being a part of humanitarian efforts, she has volunteered for numerous causes including Relay for Life, Special Olympics, and Breast Cancer Awareness to name a few. But it was an organization called Invisible Children that really caught her attention in the eighth grade. She learned how the organization was about ending the war in Central Africa and bringing peace back to the affected communities and this really had an impact on Nicki. She spent the next four years of her life supporting Invisible Children by participating in awareness events and raising money for their cause. It was these experiences that gave Nicki feelings of satisfaction and self-worth that she could only find by giving of herself.

After graduation, Nicki will be traveling to Africa for three months in the fall to work in underdeveloped communities where she will learn about the local culture and people. Some of the work she will be doing includes tracking and rehabilitating rhinos in Uganda, teaching English at an all girls academy in Kenya, and working in a medical clinic in Tanzania. Nicki is excited for her trip and hopes to come back with a better idea of what type of education she would like to pursue, one thing she does know for sure is that helping others will be a lifelong mission for her.

Douglas library rewarding young readers

The Douglas County Public Library has again joined with In-N-Out Burger for the Cover to Cover Club reading program from March 2 to April 13.



Children ages 4 to 12 are eligible to receive certificates for a free In-N-Out hamburger or cheeseburger by reading books. Both branches of the library are participating in the program.

Children must fill out a file card at the library to enroll in the program.

Readers will earn an Achievement Award redeemable for an In-N-Out hamburger for every five books read at their reading level. Each participating child may earn up to three award certificates. Children too young to read on their own may have a parent read to them.

The Douglas County Public Library is located at 1625 Library Lane in Minden and 233 Warrior Way in Zephyr Cove.

For more info, call (775) 782.9841.

Tahoe Tails – Adoptable Pets in South Lake Tahoe

Bear is a full-figured, lovable guy who would be at home in just about any household. He's very friendly and would like to go for lots of walks to lose his extra pounds.



Bear has been at the shelter for just a few days, along with six other dogs who have been transferred up to Tahoe from a shelter in the Central Valley in the hopes of changing their luck. Most are small dogs, Chihuahua, pug, and Maltese mixes, but the shelter also has several other medium size dogs that are waiting for their new homes.

Bear is neutered, microchipped, and vaccinated. Come see him and the other dogs and cats at the El Dorado County Animal Services shelter in Meyers.

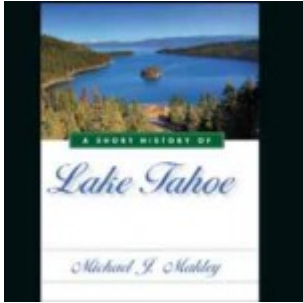
Go online to see photos and description of all pets at the shelter.

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

Author to talk about Lake Tahoe book



Michael Makley will be talking about his book “The Tahoe Story: History of a National Treasure” on Feb. 28 from 6:30-8pm at the Nevada State Museum, 600 N. Carson St., Carson City.

He will also be signing books.

The book is about the general history of Lake Tahoe, with a segment about the controversy between climbers and the Washoe Tribe over Cave Rock.

Makley co-authored “Cave Rock: Climbers, Courts and a Washoe Sacred Place” with his son, Matthew Makley.

Tahoe Youth Ballet to put on two shows

Tahoe Youth Ballet celebrates the company’s fifth anniversary in the Frank Sinatra Showroom at the Cal Neva Resort on March 15-16 at 7 both nights.



The program will feature guest artists Risa Larsen of Margaret Jenkins Dance Company and Max Van Der Sterre of Alabama Ballet, alongside Tahoe Youth Ballet's nine company members and 12 apprentices. Works presented include new pieces by artistic director Christin Hanna, in addition to Stephen Straub, Deborah Lohse, and Shannon Barter, as well as a company premiere by Constantine Baecher, accompanied live by pianist Melody Fader.

The Friday Gala includes a post-performance reception in the showroom celebrating the company's artists and works. Deborah Lohse will premiere a film created with the company, along with a showing of Danielle Hankinson's photographs of the company. The Gala Celebration's proceeds and raffle ticket sales benefit Tahoe Youth Ballet's ongoing performances, programs and workshops that benefit the young dancers and the community at large.

General admission tickets for March 15 are \$35 in advance, \$40 at the door; for March 16 they are \$20 in advance (\$23 at the door), students and seniors (over 65) \$15 (\$18 at the door). Buy tickets by calling 800.838.3006.

Frank Sinatra Showroom at the Cal Neva Resort is at 2 Stateline Road, Crystal Bay.

For additional information, contact Christin Hanna at (530) 613.4363 or christin@tahoeyouthballet.com.

It takes time to plan for retirement

By Philip Rousseaux

The economy may be recovering, but some of the changes wrought by the Great Recession may be long-lasting. Anyone planning for retirement, no matter what their age, needs to take those changes into account.

People in their 40s and younger have some time to retool their plan, but Baby Boomers need to think with more urgency.



A lot of boomers had all of their retirement investments in the stock market and, if they didn't lose their principal, it will take some time for them to recoup their gains. Others moved their money to short-term savings, like CDs. But with

interest rates so low, they're actually losing money when you factor in inflation.

Those are the two most common mistakes people make in retirement planning – having everything in either stocks or short-term savings is a bad idea.

Space your investments so they'll come due as they're needed. Plan some that can be available in the short term, for emergencies, and others that will be available as you age.

Only 14 percent of Americans are very confident they'll have the money to live comfortably in retirement, according to a 2012 survey by the Employee Benefit Research Institute.

Here are suggestions for ensuring you're part of that 14

percent:

- Don't take risks you can't afford. This is another common mistake. Don't put the bulk of your assets into anything that makes your principal vulnerable. Gambling that you're going to win big on the market, or any other investment, means you also risk losing big. A portion of your investment should have a guaranteed return.
- Seek any guidance from independent financial advisors. This has two benefits: Advisors who aren't marketing their own products have no conflicts of interest. You wouldn't go to a commissioned salesman for advice on buying a high-tech product. Instead, you'd probably turn to a trusted friend or an independent expert source, like Consumer Reports. Take the same care with something as important as your retirement. The second benefit is that independent advisors can devise creative, innovative solutions to meet the needs of individual clients. Those working for companies like MetLife are not free to think outside the box. And that's especially important In this new, post-recession economy.
- Consider alternatives to the stock market. One of the effects of the recession is that the public realizes Wall Street is not a safe retirement plan. Even if it can get you there, it's not necessarily going to keep you there. There are a number of great, safer alternatives. One of those is fixed, indexed annuities. You loan an insurance company money and it guarantees you payments over a specified length of time. It's a contract between you and the company. Fixed-rate indexed annuities have a minimum and maximum interest payment that's linked to a common index, such as the Dow. When the Dow goes up or down, so does the interest rate, but it never go below the guaranteed minimum or above the guaranteed maximum. Your principal is safe and you can ride an up market without the risk.

With pension plans a luxury of the past and Social Security

not a guarantee for the future, whatever your age, it's important to start planning now for retirement by creating your own private pension.

The good news is, our life expectancy grows every year. It's up to you to ensure that you have a great quality of life when you decide you no longer want to work.

Philip Rousseaux is the founder and president of Everest Wealth Management and Everest Investment Advisors money management firm.

Incline's Pet Network looking for money to make repairs

Pet Network in Incline Village is looking to upgrade its cat and dog houses.

For more than 10 years, Pet Network has housed homeless dogs and cats in the shelter at 401 Village Blvd. During this period, almost 10,000 abandoned animals have found temporary sanctuary while awaiting their adoptive families.



Pet Network is a nonprofit organization that relies on the goodwill of donors to cover operating expenses. Adoption fees are only a token amount of the needed funds to sustain the operations. Necessary funds are raised each year through major

events like the annual Fur Ball and smaller events such as Strut Your Mutt and Purses for Pets. Dog and cat boarding,

doggie day care and the sale of Science Diet food and pet supplies also help cover costs.

And more recently, the organization has begun offering veterinary services to the public.

All of these efforts result year-after-year in barely breaking even.

Now Pet Network is saddled with some extraordinary maintenance and building repair expenses, to the tune of \$100,000. Constant sterilization of surfaces plus human and four-legged traffic have taken a toll. Some of the needed repairs include replacement of cracked and chipped flooring, fixing heating/ventilation/air conditioning systems and raising the height of fencing.

The goal is to raise \$100,000 from individual donations by the end of March. To date, \$34,000 has been raised.

To make a donation, visit the shelter or contact Becky at (775) 832.4404, ext. 114, or mail a check to the shelter at 401 Village Blvd., Incline Village, NV 89451.