

Cellist to accompany TOCCATA in February

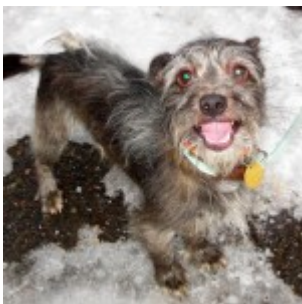
TOCCATA – Tahoe Symphony Orchestra and Chorus continues its winter season with a series that features guest cellist Jeffrey Lastrapes in works by J.S. Bach, Vivaldi, Teleman, and Buxtehude.

Performances are Feb. 9 at 3pm at St. Patrick's Church in Incline Village; Feb. 10 at 3pm at St. Theresa Church in South Lake Tahoe; and Feb. 11 at 7pm at Trinity Church in Reno.

Tickets are available at the door or online. Contact TOCCATA at toccatatahoe@gmail.com or (775) 313.9697.

Tahoe Tails – Adoptable Pets in South Lake Tahoe

Pluto is a very sweet little Schnauzer mix, about 12 pounds and 2 years old.



He has wiry fur and he loves to be held. He also loves to play with other small dogs.

Pluto is neutered, microchipped, 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 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

Barton Memorial Hospital's 50-year evolution a testament to tenacity of South Shore residents

By Susan Wood

The day after President John F. Kennedy was shot and killed in Dallas, South Lake Tahoe made a major move to heal its community, decrease fatalities and provide well-rounded care to its local citizenry and visitors.

Barton Memorial Hospital opened about a half century ago on Nov. 23, 1963, with 38 licensed beds, 18 physicians, five dentists and about 20 employees on a 6-acre plot valued at \$200,000 that dairy farmers Alva Barton and Fay Ledbetter donated. The landmark opening came after a long-fought effort to raise more than \$400,000 in funds because lives were at risk and a tight-knit group of pioneering families that reads like a “who’s who” list of South Shore history demanded more and cared much about their community’s health care.

The hospital commemorates the last 50 years in 2013 with a historical book available to those who have donated their time to Barton. Others may access an online version starting Jan. 17.

The case for a local hospital goes far and deep for those who lived alongside the health care community in the 1950s and early 1960s. Deep snow, substandard transportation, many life-threatening injuries and illnesses as well as a baby boom and limited number of independent doctors made a local health care facility a necessity.



Alva Barton and Fay Ledbetter helped bring the South Lake Tahoe community together in the 1960s to build a hospital. Barton Memorial Hospital is named after their parents, Bill and Ouida Barton. Photo/Provided

According to patient records from 1959, 1,500 emergency room visits to Carson Hospital were from South Lake Tahoe residents – nearly one-third of the hospital's emergency room usage. In one year, the Carson-area hospital's admissions from here totaled 467 in May 1959.

Barton and Ledbetter's parents, Bill and Ouida Barton, even had their share of medical emergencies when both fell off a horse. Despite the danger and no local access to care for serious injuries, the late Alva Barton at age 96 told this reporter years ago that she "wouldn't live anywhere else but Tahoe."

In 1958, one call marked a watershed moment for building South Lake's own hospital when a man shot himself and didn't make it to Carson City in time to save his life, local stakeholders recounted.

Estimates showed the proposed "Lake Tahoe Community Hospital" would cost about \$1 million. Federal and state grants totaled \$598,010, but the community would need to reach \$422,011 in donations by Feb. 8, 1962, or the funding would not be available for another decade.

Taking the bull by the horns

A citizens group was formed and spawned the Barton Memorial Hospital Association. If a business, organization or individual donated \$200 or more, either would get a vote on who would serve on the hospital board of directors. Heavenly Valley Ski Resort, Safeway, Sorooptimist International, South Lake Tahoe Kiwanis, St. Theresa Parish and many more stepped up to the plate.

"It's been a labor of love in the community for a lot of people," said Patty Olson, whose husband Walter Neal Olson served as the initial special gifts division chairman. Years later, a children's playroom was dedicated in his honor. All of their children had to be born at St. Mary's Hospital in Reno because Barton Hospital did not exist at the time.

"The vast majority went to Nevada (to give birth)," said Del Laine, who ended up serving as a Barton Foundation trustee. She recalled how her daughter, Brooke, was one of the first babies born at Barton in 1964. The subject is near and dear to

the Laine family.

Before the hospital was built, it was the medical emergencies that got the stark attention when the fund-raising teams were spawned. Campaign slogans declared: “The life you save may be your own” and “In an emergency, will death wait?”

The necessity was loud and clear.

Leading the way to better medical care

“If someone was really hurt, we’d have to take the Old Grade (over Spooner Summit) to Reno – without four-wheel-drive,” Karen Pavlakis told *Lake Tahoe News*.

She reflected on the challenges that faced her father, Jim Whitely, when it came to caring for the local community. The physician responded to accidents with his own vehicle loaded with emergency supplies. Public safety units provided escorts. When people were injured in Desolation Wilderness, he was flown in to the injured party via helicopter.

Whitely, along with Dr. Peter Irving – Barton’s first general surgeon – and Dr. Ken Smith, represented the primary physicians in town handling a multitude of calls during snowstorms and limited support services.

Some involved celebrities who starred at the Stateline casinos. While Irving cared for “some Judy” – as his wife Shirley Irving described a call from the late singer Judy Garland for Barton’s 40th anniversary, Whitely had his hands full with the likes of the Andrew Sisters, Pavlakis and her sister Jane Callahan recalled.

This was nothing new. The two women said their father had developed a reputation for being a doctor of entertainers, and that legacy stuck. Rock legend Elvis Presley donated money to Barton in 1973 for an intensive care unit that opened two years later. It was named after his mother, Gladys, whom

orthopedist Dr. Paul Fry cared for. Presley needed care when he contracted the flu and was forced to cancel his remaining concerts at the Sahara Tahoe (now the Horizon) after one sold-out show.

When superstar singer, actress Bette Midler filmed “Jinxed” in 1981, she donated \$10,000 to the Barton Hospital Auxiliary – which in turn funded a new birthing suite. Ed Asner, Duke Ellington – the list goes on and on of celebrity connections.

“When we were young, we’d go down to Harrah’s (to see a show) for our birthdays, and he’d always get called,” Callahan said of her father. The beeper would go off and Whitely would need to spring into action, the sisters remembered of their late father during their childhoods. Callahan’s eyes welled up when she reminisced about her kind-hearted, hard-working father, who died in 1989 of brain cancer.

Callahan said she’s been dreaming about her father lately.

“I’d look at my husband and tell him I can smell dad’s medical bag,” she said.

Unbeknownst to Callahan, her sister brought the iconic symbol of their father’s work to the interview. The duo took out tools and reflected on times when the bag came out – sometimes to their detriment if it meant they were getting a shot.

“I remember the noise it made when it opened. All us girls would run out and try to carry it,” Pavlakis said, while demonstrating the fold-out design. She pulled out an otoscope. “God knows how old this is.”

More than the noise, Callahan said she remembers the smell – a “septic, pilly” scent of the bag. Whitely shared stories of his day around the dinner table and “always made us laugh,” the sisters recounted of doctor visits from Whitely’s office. It was located where the Lake Tahoe Art League building now sits next to the Lake Tahoe Museum.

Back in the early 1960s, some people bartered for medical care. The sisters recalled their father bringing home dresses and allowing a contractor to fix their roof.

"Sometimes he didn't charge people," Pavlakis said.

When it was time for their own family medical care, the girls hid under the Jeep to no avail.

Children may have shied away from seeking care, but the two sisters recalled how smokers would go to Whitely because, if anything, he was not judgmental because he smoked.

"He'd say to them: 'Just cut back'," Pavlakis said.

However, the attitude changed when a boy on a motorcycle tried to pick up Callahan on a date. He let the boy borrow the family car, and that was the last date with him.

"He never allowed us to ride a motorcycle," Pavlakis said. "He saw too many accidents. He'd say: 'The motorcycle never wins.'"

Still, the sisters reflected on quality time with their father and believe his time lives on in the legacy left in helping the hospital get off the ground.

"Mom used to say: 'Jim could diagnose anything'," Callahan said.

Just after he retired a year before he died, Pavlakis asked her father what medical discipline the family practitioner would have gone into.

"He said: 'I'd be a cardiologist because matters of the heart are so interesting'," she said.

The comment proved prophetic.

Callahan developed a blood clot recently.

"I was scared. But my dad's hospital saved my life," she said.

And, it added another to the local community. Callahan's granddaughter, Cienna Marie Griffin, was born there within this last year.

From accidents and babies to the birth of advanced medical technology and orthopedics

Barton Memorial Hospital has come a long way since the hospital represented a glimmer in the eye of the community.

One could even argue it's not even the same hospital as the one that opened its doors a half century ago. Now it has a larger footprint, rooms are cozier, equipment is more computerized and specialties are more pronounced. There is even evidence of decades of personality in its skilled nursing facility.

Within one year of its opening, the 23,000-square-foot hospital built in the shape of a snowflake operated in the black – a notable feat.

In the mid-1960s, the South Lake Tahoe community grew to 7,500 year-round residents – up from the 400 of 15 years earlier when unrelenting snowstorms buried the South Shore in the winter of 1951-52.

In the 1970s, new hospital wings were added and the ICU opened.

Another decade later, the ambulatory wing came on the scene and was joined by a pharmacy and birthing room. The radiology department was expanded.

In the 1990s, Barton, as a health care enterprise, built the Carson Valley Medical Center to extend its reach. Other practices such as Stateline Medical Center came on board. Mammography, laser technology, nuclear medicine, X-ray and CAT-scanning divisions were upgraded.

In addition, another 60,000 square feet expanded the hospital space that opened up the emergency and surgical departments. A nearby community clinic would add a new, much-needed realm of health care for the neediest of the community.

For our aging population in need of extra help, the Barton Skilled Nursing Facility opened with 48 beds – where a “healing garden” at the entrance marks the contributions of the Ledbetter family led by sister and brother Jessica and Kirk. They are descendants of Fay Ledbetter.

In 1991, the Barton Foundation was formed with 21 volunteer board of trustees.

After the century turned, medical imaging dominated health care. Seismic upgrades were made. Physician partnerships spread across the land. Employees topped 1,000. Medical ski clinics at Heavenly, Sierra and Kirkwood were built to stabilize those participating in Tahoe’s primary choice of recreation.

Orthopedists associated with Barton have made a name for themselves – from the early beginnings with Fry to U.S. Ski Team Dr. Terry Orr. Plus, a comprehensive physical therapy division and occupational health department round out the offerings for skiers and boarders trying to keep their limbs and joints intact and healthy.

“In recent years, the focus on improving quality and state-of-the-art technology has benefitted patients and allowed our small town hospital to offer services on par with larger cities,” foundation board Chairwoman Julie Regan said. Regan is convinced that with aging baby boomers from the Bay Area continuing to visit Tahoe, the orthopedics program will become increasingly more important.

The wave of the future for Barton leading into the next 50 years and beyond also includes private patient suites, electronic ICU technology and retail health care kiosks.

“What (has) really impressed me most about the history of Barton was the way the community rallied together to fund raise for the creation of the hospital and to help it expand. It wasn’t by happenstance that the hospital was formed. It took a lot of collaboration, vision and a ton of hard work by everyone in our community,” Barton spokeswoman Monica Sciuto said. “I have great pride in what we have been able to accomplish over the last 50 years. It is amazing to think that we started with just a small 38-bed hospital and have grown to what we are today.”

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Time to apply for California Legislature’s fellowship program

Applications for the 2013-14 California Senate Fellows Program and Assembly Fellowship Program are available to interested college graduates.

The programs provide college graduates an opportunity to become full-time Senate or Assembly staff members at the State

Capitol in Sacramento for 11 months beginning in October.

Fellows are assigned to the personal or committee staff of a Senator or Assembly member, and also participate in academic seminars with legislators, senior staff, journalists, lobbyists, and state government officials. The fellowship programs are administered by the Center for California Studies at CSU Sacramento in partnership with the state Senate and state Assembly. The programs are geared toward Republicans and Democrats.

Fellows are paid a monthly stipend plus health, vision, and dental benefits. They enroll as graduate students at Sacramento State and receive graduate units from the Sacramento State Government Department or Public Policy and Administration Program. The enrollment fees are paid by the programs.

Anyone who will be at least 20 years of age and a graduate of a four-year college or university by Sep. 1, 2013, is eligible to apply. There is no preferred major. Individuals with advanced degrees and those in mid-career are also encouraged to apply.

The application deadline is Feb. 11.

For more info, call (916) 278.6906 or email calstudies@csus.edu.

Nobel Prize winner to talk climate change at Tahoe forum

Chris Field, a 2007 Nobel Prize team winner and lead author of

the study on the effects of global climate change, is the keynote speaker at Operation Sierra Storm Meteorologist Conference in Stateline on Jan. 10.

Field, was the co-chair for Working Group II of the Intergovernmental Panel on Climate Change that shared the 2007 Peace Prize with former Vice President Al Gore. He's the director of the Department of Global Ecology, Carnegie Institution for Science at Stanford University and a 2009 Heinz Award recipient.

The three-day conference combines education, topical and newsworthy discussions, networking opportunities and live broadcasts from news affiliates throughout the West Coast. Attendees include television meteorologists from Houston, Los Angeles, Las Vegas, San Diego, Sacramento, San Francisco and Reno.

This year's conference will examine current and future climate change expectations, policy matters, Hurricane Sandy and avalanche forecasting, awareness and safety.

Field's presentation is open to the public. It will be from 8-9:30am at Harveys Cabaret Theater. Seating is limited. RSVP online by 5pm Jan. 7.

N. Nevada casinos remember Elvis on his birthday

By Mel Shields, Sacramento Bee

In July 1971, huge letters atop the Sahara Tahoe (now the

Horizon) announced Elvis Presley's first Northern Nevada engagement.

It cost \$15 plus tax to see the show. He would play the High Sierra Theater at the hotel several more times until his last date in May 1976, each visit prompting huge press and long lines, along with increasing prices.

In 1973 he donated money to Barton Memorial Hospital in South Lake Tahoe for its new intensive care unit (now named for his mother, Gladys); five days after doing so he was admitted with the flu and had to cancel his remaining concerts.

It has become traditional in the past few years for casinos to celebrate the King's birthday (his 78th would have been Monday) during the post-holiday slump. Impersonators are booked practically everywhere to celebrate the man who entered the Nevada showroom market and changed it forever. Plenty of stars had played the rooms before his first concerts at the Vegas International, but Elvis made every appearance an event.

- The Silver Legacy hosts "Elvis and Friends" tonight with a series of parties. Johnny Baron (a veteran of "Legends in Concert") performs as Elvis at 8pm in the coincidentally named Silver Baron Lounge.

- Another "Legends in Concert" Elvis-impersonating alum plays the Jackson Rancheria on Sunday. Johnny Fortuno got his start playing with Don Ho in Hawaii but moved on to master Elvis, winning Vegas' Ultimate Elvis Competition in 2011. He will be joined by members of the Stamps Quartet (backers of Elvis from 1972-77).

- Brian Andrews (once an "American Superstars" regular) performs as Elvis in the cabaret of the Carson Valley Inn through Jan. 12.

Tahoe writing group looking for people who like words

Tahoe Writers Works, a local writing group, will be hosting workshops throughout 2013.

This month's workshops will Jan. 8 and Jan. 22, both at 6:30pm at Bona Fide Books, 1069 Magua St., No. 4 in Meyers.

Beginning and established writers are welcome. There is no obligation other than an exceptional love of the written word.

Tahoe Writers Works, established in 2006, is a nonprofit organization based in Lake Tahoe and Reno. The group publishes EDGE, an annual literary journal that features provocative fiction, poetry, essays, and art, from artists both local and global. Volume 7 is due for release in 2013.

TWW also organizes events to create a stronger literary and arts community, including the Murder Mystery Dinner Theater at Valhalla, and Celebration of Writers Around the Lake.

For more information about Tahoe Writers Works, go online.

South Tahoe's New Year baby takes her time

By Kathryn Reed

For now, 2-year-old Oumy N'Doye must call her baby sister just that – baby sister.

This is because in her parents' native country of Senegal the naming of a newborn occurs one week after the birth and with a big family celebration. With modern technology, the ceremony will be via Skype.

This infant seems to know her hometown well already by embracing "Tahoe time". As the first baby born in 2013 at Barton Memorial Hospital, she didn't arrive until Jan. 4 at 1:25am.



Alima Gueye with her newborn daughter.
Photos/Kathryn Reed

With practically a full head of wavy jet-black hair, the little girl weighed 6 pounds, 10 ounces and measured nearly 21 inches.

Not making a peep, she slept quietly next to her mom in a crib of sorts. Even when Alima Gueye went to pick her up and her sister bounced around the hospital room, the newborn's eyes stayed shut.

Mandoye N'Doye's boss at Harrah's Tahoe said he couldn't come to work on Friday – to instead be at the hospital with his wife. He is a steward supervisor at the hotel-casino.



Mandoye N'Doye holds daughter Oumy as Alima Gueye holds their newborn.

Even though N'Doye has gone through this three times before, he wanted to get his wife to the hospital Thursday afternoon when she started feeling contractions. She told him it wasn't any big deal and to relax. At 7pm he had enough and the Stateline couple drove to the South Lake Tahoe hospital.

Their older children, ages 4 and 8, live in Senegal because they were born there. But with passports having been secured for them, they will join their parents and sisters in Tahoe this summer to live.

As for the naming celebration, N'Doye said, "They do some praying. We make a lot of food."

They also got to participate in a U.S. tradition by receiving a wagon full of gifts totaling nearly \$2,000 that was donated

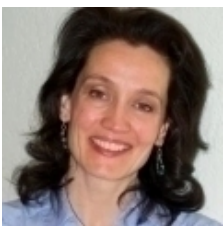
by various businesses and community members.

Tips for making sure goals can be attained

By Mandy Kendall

So, another year has come and gone and it's time to look forward to this New Year. Resolutions have a reputation for being goals that people set for themselves but then never follow through on. However, studies have found that people who set resolutions or goals are 10 times more likely to achieve them when compared to those who don't.

But even with the best of intentions, when the holidays are over and everything goes back to normal, it can be easy to slip back into old habits which may pull your focus away from your new resolve. Making changes can be hard and we all need as much help as possible to ensure success.



Mandy
Kendall

So here are a few *Qwik-e* tips to help you on the path to achieving your resolutions

Reflect – Congratulate yourself on what you did last year and learn from what you didn't. Be kind and don't judge yourself too harshly for not achieving everything you wanted to. Look at why you didn't and consider how you might do it differently in the future.

Be realistic – If a resolution or goal is too ambitious, then it is unlikely that you will attain it. Set yourself targets that you can actually envision happening. Set target dates along the way with milestones you would like to reach, this will help you plan out the time you need to allocate and also help the whole task seem a little less daunting.

Be specific – Once you know what you want to accomplish then get detailed on what it is exactly, and how you will get there. If you have decided you want to lose some weight, state exactly how much and by when (again this is a good time to be realistic).

Document – Putting goals down on paper serves a number of purposes. Goals will seem more real when they are written down and it will help clarify what you want. You will have a physical list to refer to keep your intentions forefront in your mind (you can post them on sticky notes all over the place to keep you focused). It is immensely satisfying to tick things off a list of goals, and then add another one knowing that you are capable of achieving what you set your mind to.

What and why – Don't give yourself too many resolutions to work on at the same time. If you have a few on your list rank them in order of importance and decide which ones you will tackle first. Be honest with yourself about why you are doing it too. If your goal will have beneficial results for you and your loved ones then this will help you be successful. However, if your motivation is purely to please someone else

this may turn into resentment in the long run. Also, give some thought to what happens after you have achieved your goal. For example, if a weight loss goal is purely to get to a certain weight then when that weight is reached there is no longer a reason to focus on the diet and the exercise. This is potentially why lots of people yo-yo up and down with their weight. If your goal was to lose weight to help you stop needing medications, or be more able to do the sports you like, then those reasons become an ongoing motivation to help keep you on track.

Visualize – Imagining how you would feel or look like when you achieve your goal is a very powerful motivating force. Your mind and your actions are largely driven by emotion so imaging the wonderful feeling you will have when you have reached your goal will greatly help motivate your mind to working towards achieving it.

Enlist help – There is nothing like being held accountable for your goals. If you think you might let yourself off the hook ask a friend or family member to help you from straying from your goals. Even better is to have someone join you with your resolution. You may have different specific intentions for losing weight, getting fit etc. but you can still support each other along the way.

Stop doing things/start doing things – If you're not sure what you want to achieve this year then try looking at what you did last year. There may be things you weren't happy about doing last year, so your focus for this year could be to just stop doing that this year. Conversely if there is something you really enjoyed doing last year then focus on doing more of it.

Wishing you a Happy, Healthy New Year!

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.

Festival of Trees and Lights' attendance, revenue spike

The fourth annual Lake Tahoe Festival of Trees and Lights is growing in multiple ways.

During its inaugural year in 2009, the festival saw about 1,800 attendees and raised more than \$45,000 for the expansion and renovation of Barton's Community Clinic. This year, the festival was host to nearly 4,000 attendees, raising more than \$55,000 for the future home of Barton Memorial Hospital's Level III trauma center.

Barton Foundation Executive Director Kindle Craig said in a statement, "Doubling attendance within four years is an amazing feat. It's becoming a household name and family tradition for many locals and visitors."

