

3 art exhibits at LTCC to launch this month

The Lake Tahoe Community College Haldan Art Gallery opens this month with a memorial exhibition by longtime artist and educator David Schnabel. Schnabel has a special connection to LTCC through his grandson, Scott Valentine, a full-time geology instructor at the college.

Schnabel taught art at Pasadena City College for more than 20 years. This exhibition highlights his large-scale drawings done late in his career.

The Duke Theatre Foyer Gallery will showcase former LTCC student Charlotte Castillo's large scale figure drawings. Castillo went on to complete her bachelor of fine arts degree at Sonoma State University.

Her work shows an expressive use of line and color, and these paintings specifically investigate the color red – formally and conceptually.

The best of the best are back in the Student Art Gallery. Last year's award winners from the annual student art exhibit bring back their winning pieces and up to three new works of art.

All openings are Sept. 27 from 6-8pm. There will be an artists' talk in the Haldan Art Gallery starting at 5pm.

SnowGlobe releases names of acts coming to S. Tahoe

Deadmau5, Wiz Khalifa, Chromeo Live, Beats Antique, Big Gigantic, Laidback Luke, MiMOSA, Madeon, Gramatik and Polica are leading the lineup for SnowGlobe 2012.

Three-day passes (\$155) and VIP passes (\$450) for the Dec. 29-31 show are on sale.

Also coming to the field by Lake Tahoe Community College are Flosstradamus, Poolside, Baauer, Boombox, Break Science, Clockwork and Minnesota.

More information is online.

Breathing can help turn stressful situations around

By Mandy Kendall

I had one of those days yesterday. You know, when everything that could go wrong, does go wrong. It's times like this when things get a bit overwhelming that a session of relaxation and meditation would really help.

However, although many of us have heard of the benefits of meditation, who really has the time to practice it? It is usually because everything is so fast-paced, and time is in such short supply, that causes the issues in the first place.

So, how do you relax and ease the tension when there is so little time no matter where you are and what you're doing?



Mandy
Kendall

Someone who I admire very much once shared a very quick breathing meditation technique that can be used in any situation and is incredibly effective in a very short space of time. It can be used by those new to meditation as well as those who have been meditating for a long time.

Here are the *Qwik-e* instructions on how to use the technique and some examples on when to use it:

Now, here is the real magic in this exercise: There is no need to be aware of what it is you are accepting and releasing. It works wonders whether you are focused on something specific or are just out-of-sorts and not really sure why.

While taking a deep breathe in: think/say/visualize the word "accept".

While breathing out: think/say/visualize the word "release".

Keep repeating and you will notice the negative feeling easing away.

If you prefer a bit more focus, try this technique:

Breathe as above but at the end of the inhale, and the exhale, pause for a moment and give thanks for something.

For an even more focused version:

Breathe as above but think specifically about what you want to accept and release.

Here are some examples of situations where this breathing technique can be used:

If you are anxious about something try “accepting and releasing: the anxiety you are feeling about it.

If you are in a situation where you are not in control, but you are still being affected by it, try accepting the fact that you are not in control and releasing the way this is making you feel.

If you don't like the way someone is behaving toward you, try accepting them for who they are (or the situation in general) and releasing the way it is affecting you.

If you're having trouble getting to sleep you can use this as a general tension releaser.

If you have can think of other situations where you think this would be useful, or have any questions, feel free to post in the comments below.

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.

WHS 8th-grade hoop team rallies behind school's dean

The eighth-grade girls basketball team at Whittell High School has been doing a lot more than shooting baskets.

They kicked off their season this month by rounding up some money to get pink backpacks to support Kathy Bluethman (aka Ms. B), the school's dean and athletic director who is battling breast cancer.

Drue Chapman came up with the idea and everyone quickly jumped on board.



Drue Chapman, Michelle Barnes, Ali Copsy, Ms. B, Hannah Brunsman, Tommy Espisito (coach), Sammy Forvilly, Gigi Stetler, Kaitlyn Kjer. (Not pictured: Chelsea Brocket and Heather Wright) Photo/Provided

"These eighth-grade girls are very special and when they say

hello to me during the day, my heart stays so strong," Bluethman said. "These kids are my angels staying with me through all my chemo.

"People ask why do I go to work so much when I'm sick and I say that being with these kids I don't think about my illness. There are many angels at GWHS. I let the girls know that I'm a strong Amazon woman with a spear to kill the cancer."

Bluethman has had some success with chemo, but will have to head back to surgery in October.

The girls say their winning season has everything to do with wanting to play strong for Ms. B.

El Dorado County offering series of flu clinics

El Dorado County Health and Human Services Agency, Public Health Division will begin conducting low-cost community flu vaccination clinics on Sept. 26, with additional clinics offered through mid-November. The seasonal influenza vaccine will be available in nasal mist and flu shot forms at the clinics.

"Everyone 6 months of age or older should get vaccinated against the flu annually for the best protection," Lynnan Svensson, supervising Public Health nurse with the Public Health Division, said in a press release. "High-risk individuals, such as children under age 5, people 65 years and older, pregnant women and people with chronic diseases like

asthma, diabetes or heart and lung disease are especially encouraged to be vaccinated. In addition, it is extremely important for health care workers and those individuals taking care of these high-risk persons to be immunized.”

The cost of the vaccine is \$10, but no one will be denied service due to inability to pay; cash or check accepted. Parents should bring their child’s immunization records.

Updated information on the community flu clinics will be posted online and on the County Flu Hotline at (530) 621.6188.

South Lake Tahoe clinics:

- Sept. 26 through Nov. 14 from 9:30am to 12:30pm at the Senior Center, 3050 Lake Tahoe Blvd. No clinic on Oct. 17.
- Oct. 17 from noon-6pm at Bijou School, 3501 Spruce Ave., Teachers Lounge.
- Oct. 24 from 3-6pm at Lake Tahoe Airport.

West Slope Community clinics:

- Sept. 26 from 1-4pm at the Georgetown Fire Station, 6281 Main St.
- Sept. 27 from 12:30-3:30pm at the El Dorado Hills Senior Center, 990 Lassen Lane, in the Small Game Room.
- Oct. 3 from 10am-1pm at Pioneer Park, 6740 Fairplay, Somerset.
- Oct. 3 from 1-4pm at the Garden Valley Fire Station, 4860 Marshall Road.
- Oct. 9 from 1:30-4:30pm at the County Fairgrounds, 100 Placerville Drive, in the Organ Room, Placerville.
- Oct. 13 from 10am-1pm at the Divide Wellness Center, 6065 Highway 193, Georgetown.

- Oct. 18 from 1:30-4:30pm at the Cameron Park Fire Station, 3200 Country Club Drive.
- Oct. 24 from 2-4pm at the Community Church, 5061 Sciaroni Road, Grizzly Flats.
- Oct. 25 from 1:30-4:30pm at the Community Church, 6361 Pony Express Trail, in the Evergreen Room, Pollock Pines.
- Nov. 1 from 1-4pm at the County Fairgrounds, 100 Placerville Drive, in the Pavilion, Placerville. Drive through clinic.
- Nov. 6 from 12:30-3pm at the Mother Lode Lions Hall, 4701 Missouri Flat Road, Diamond Springs.

Locals write what they like about Lake Tahoe

What do you appreciate about Lake Tahoe?



That was the question Live Violence Free asked people at this month's Lifestyle Festival at Bijou Community Park.

Here is what people had to say:

1. Tahoe is an amazing place for family and friends. We had a lovely day at the Barton Health Fair, thanks for everything.

2. My teacher Mrs. Rider is awesome because she is fun.
3. I appreciate Tahoe because Tahoe folks appreciate natural experience over manufactured experience. Ben L
4. LTCC-CDC is the best daycare in Tahoe. The preschool teachers ROCK! And so do all the teachers.
5. The Grocery Outlet Rocks!
6. Thank you South Lake Tahoe – Michael Hair Salon
7. Thank you to Moxy Fitness for giving me direction and the support I needed to make a healthy, positive change in my life. You are all an inspiration and I wouldn't be where I am today without the Moxy gals.
8. Thank you Tahoe – Mikey Jr.
9. School is cool.
10. Thank you for a wonderful School District for our kids; they help keep them safe and inspire them.
11. Live Violence Free, one of the finest programs! We moved to Tahoe from one of the most difficult situations possible. They helped us start over, feel safe and become proactive again. I don't know what we would have done without them! A thousand thank yous!!! – A.M.F.
12. To Sharon Bishop of the Community Clinic at Barton for everything she does and who she is! – Stephanie Yuzbick
13. Live each day as it were your last.
14. Tahoe is beautiful place to live. There a lot of outdoor activities, good air, small town, most people are friendly, and a good place to raise children. – Maria
15. I love the dog park!

16. I appreciate Tahoe because it is a beautiful place to live and the community likes to stick together.

17. We get along really well as a town.

18. Weather is great here in July, August and September.

19. Lake Tahoe has a great community of people helping each other and living a healthy lifestyle.

20. I called a representative from South Shore Glass to my home to give me an estimate to replace some damaged windows. He noticed the brand of windows I had and said they were warranted for 10 years and that the manufacturer would likely replace them for free. He easily could have given me a bid and gotten the work but he placed a higher value on being honest and helpful. Thank you South Shore Glass!

21. Barton is a great place to work – Jennifer W

22. City of South Lake Tahoe – Thank you for the outpouring of love and support for my son, Ansel White. He was in a motorcycle accident on Memorial Day and the community has come together to send so much love and prayer that he was released from the Reno Hospital and is again home with family and friends. Much love to all!

23. I'd like to thank Mark Salmon, coach of soccer club South Lake Tahoe teams Hawks and outlaws. Your time and support for the youth of this community is immensely appreciated! – Jacqui B

24. I would like to give a BIG thanks to AAUW South Lake Tahoe Branch, for giving young girls like myself the opportunity to go to Tech Trek 2012 at UC Davis. – Angelika C.

25. I appreciate our local South Lake Tahoe Police Department.

26. I'm so lucky to live in South Lake Tahoe and work for Barton Health!

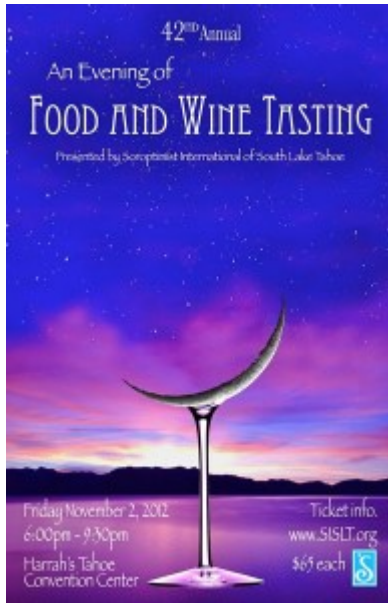
27. Living in Tahoe is awesome – we love its beauty!
 28. Pastor Robb Orr has done so much for so many people in his 25 years with the Hospice Program!
 29. Tahoe has the most beautiful landscape! We love the lake, trails, and mountains!
 30. Congratulations Shelia Kennedy, you're the best!
 31. I love walking out my door and being in the forest in five minutes or less to walk or snowshoe. – JoAnn Conner
 32. I love bike riding in the mountains!
 33. I appreciate all my coworkers at Live Violence Free for their dedication to abuse survivors in our community – Heather Knox.
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Local artist designs winning wine poster

Local art student Matt Kauffmann's entry in the 42nd annual An Evening of Food and Wine Tasting poster contest will be featured on all promotional material.

It features a surreal blue-violet scene with a moon sliver as the bowl of a wine glass over Lake Tahoe. Kauffmann, who will receive his BFA from Sierra Nevada College next spring, received a \$250 cash prize and two tickets to the wine event. He describes his original design as "radtastic" and says the

recognition from Soroptimist is motivation to keep creating new work.



Soroptimist International South Lake Tahoe's annual wine tasting is Nov. 2, 6-9:30pm at Harrah's Lake Tahoe.

This year's event will showcase more than 18 area restaurants and 30 vintners.

Tickets are \$65 each and can be purchased from any SISLT member or online. A \$10 discount on a pair of tickets is being offered for purchases through Oct. 1.

Tahoe Tails – Adoptable Pets in South Lake Tahoe

Piper and Ella are sweet girls about 8 years old who were abandoned outside when their owner moved. They were very matted and had to be clipped, but their multi-colored fur will grow back beautifully.



They would prefer to go home together.

Piper and Ella are spayed, 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 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

TRPA accepting Best in Basin nominations

The nomination period is open for the Tahoe Regional Planning Agency's 2012 Best in the Basin awards program.

The program recognizes environmentally compatible projects in the Lake Tahoe Basin that stand out as the best designed, planned and implemented.

The nomination period ends Oct. 12. The categories are:

- new residential
- residential modification
- rebuild projects
- new commercial
- commercial modification
- commercial rebuild
- shorezone
- green building
- public service
- erosion control
- restoration
- BMP retrofit
- defensible space
- forest fuel reduction
- mixed-use project
- green remodel.

To qualify, projects must have been complete or near completion in the 2012 calendar year and before the close of the nomination period.

Here is an entry form.

Winners will be selected by a panel of area professionals in the fields of architecture, landscaping, planning, engineering, and resource management.

Winners will be honored by the TRPA Governing Board in

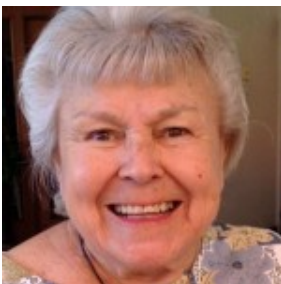
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Alberta Crook – 1926-2012

Alberta Crook passed away Sept. 5, 2012, 16 days shy of her 86 birthday, in her beloved Maui, with close friends by her side.

Born and raised in the Los Angeles area, Alberta was stricken with polio and spent part of her teenage years in an iron lung. The impact of this dreadful disease affected her ability to walk throughout her life, but to her it was just an inconvenience, not an obstacle.

After marrying the love of her life, Roy Crook, they continued to work in the LA area until deciding to move to South Lake Tahoe in 1970 with her mother and her aunt. Alberta and Roy cleaned houses, yards, and did whatever work they could find in their new environment. She was encouraged to get a real estate license by Opal Howell of Howell Realty. This was the beginning of her new career.



Alberta Crook

Within two years she joined Tamarack Realty, where she met L.J. Logan and David Kurtzman. After less than a year the three of them decided to go out on their own, and opened Aspen Realty on Nov. 1, 1973. Slowly the business grew into a

strong, successful local business, due in part to her common-sense approach to simply taking care of people as a daily guide.

She continued her real estate career until her retirement in 1994. A few years later she and Roy moved permanently to Papakea Resort in Maui, their second home since the late 1970s.

Alberta served hundreds of clients during her 24-year real estate career, and she served her profession as a Board of Realtors director and president. Not only was she successful in business, but also she was a community leader, serving on the Board of Directors and president of the South Lake Tahoe Chamber of Commerce, Barton Hospital Foundation, and Barton Auxiliary.

One of her simple joys was being a notary public and refusing to accept payment, but asking for a donation to the Lake Tahoe Humane Society. She also could sign a check "A. Crook" and get it cashed. She enjoyed cruising with Roy, parties with friends around her miniature pool table, and an evening cocktail.

She leaves behind many Tahoe and Maui friends including those she treated as family at Aspen Realty. Whenever Mother Crook said, "never mind" you knew the conversation was over. At the end of the day we are all better having had the opportunity to know and work with Alberta Crook, a true friend.

A traditional Hawaiian service will be at 10am, Sept. 21, her 86 birthday, at Papakea where her ashes will be spread at sea, joining Roy's. The next time you see a Hawaiian sunset, remember that Alberta and Roy are smiling back with a wink and saying, "thanks for remembering us."