

Workshop focuses on networking skills

The Sierra Human Resources Association will be presenting “Working the Room: How to Build your Elevator Pitch and Networking Skills” on Sept. 18 from 4-5pm at the Resort at Squaw Creek.

In just one hour participants will pick up useful tips to use at the free joint chamber Holiday Showcase mixer immediately following the workshop.

Anyone who can use more confidence when mingling will benefit from crafting a short “elevator pitch” to succinctly express ideas in a compelling way. Participants will learn to be interested and interesting while generating business leads and making new connections in the community.

From 5-7pm participants can mix and mingle while enjoying food and drinks, raffle prizes and networking at the joint North Lake Tahoe and Truckee Donner Chamber of Commerce mixers of the year.

The workshop fee is \$15 in advance and \$20 at the door. To register for the workshop, go to the online store. For more information, call Laura Moriarty at (530) 573.0224.

‘Further’ to premiere at Squaw

Squaw Valley is hosting the world premiere of “Further” – the second installment in the Jeremy Jones snowboard movie trilogy

by award-winning producers Teton Gravity Research.

Presented by O'Neill, "Further" will open at Squaw Valley's KT Base Bar on Sept. 7. Doors open at 5:30pm, show starts at 8:30pm.

The world premiere of "Further" will kick off with an opening disc jockey set by Treez, and Squaw's JT Holmes will be skydiving into the event at approximately 7:30pm accompanied by members of the Red Bull Air Force. Jeremy Jones and other athletes from "Further" will be at the premiere.

Tickets for "Further" are \$15 and can be purchased at Squaw Valley's ticket center, Start Haus, Full Belly Deli (both located in Truckee) or online. Tickets purchased on-site immediately before the event will be cash only.

Men of Worth to play at Valhalla

Men of Worth is the music duo of Donnie MacDonald and James Keigher. They bring their talent and authentic Scottish and Irish musical heritage to Valhalla's Boathouse Theatre on the South Shore on Aug. 30 at 7:30pm.

Several of MacDonald's songs come from his mother's poetry and from Hebridean crofters' airs.

The musicians, who met in California in 1985, each play a handful of instruments, among them mandolin, guitar, mandocello, banjo, concertina and bodhran (a handheld drum).

Tickets can be purchased by calling (530) 541.4975. Prices are \$18 for adults, and \$15 for children online. Advanced tickets

are recommended.

Ehrman Mansion tells the story of Tahoe of yesteryear

By Kathryn Reed

TAHOMA – As the first president of Wells Fargo Bank, Isaias Hellman was well versed in how to make money. He also understood real estate.

In 1897, the German-born financier bought 1,000 acres of waterfront property on the West Shore of Lake Tahoe that included two miles of beach. Then he bought another 1,000 acres on what is now the west side of Highway 89.

This was where he and his family, along with multitudes of friends, would pass away the summers. While Hellman had to spend most of his time taking care of business in San Francisco, others enjoyed the estate he had created.



The Ehrman Mansion is a trip back in time before Lake Tahoe was truly settled.
Photos/Kathryn Reed

In summer 1903, Pine Lodge was ready for guests. It took only two years for the beachfront house – which is more like a mansion – to be constructed. It cost \$22,000 to build.

While much of the material came from the surrounding area, all the supplies and workers reached the property via boat. Granite came from Meeks Bay and the lumber from Hobart Mills, north of Truckee.

Walter Danforth Bliss designed the house.

A spiral staircase, with windows looking west to the back yard and away from Lake Tahoe, goes to the second floor. This is where the family and their friends slept – in the eight bedrooms. It was unusual at that time for bedrooms to have their own bathrooms, but seven of these did.

On the third floor, which is not open to tourists except during rare occasions, were the four bedrooms for staff.

As children started to come to the estate, a separate building was built for them so they were not with the adults in the main house.

Even though roads were not yet built, the home had indoor plumbing with hot and cold water, as well as electricity. A steam generator provided the modern conveniences.

It also took 200 cords of wood – which was the primary heat source.

With a caretaker on-site year-round, he would dam General Creek so ice could be cut into blocks and stored in a shed all summer. They were for refrigeration.

It was Hellman's daughter – Florence Hellman Ehrman – who spent the most time in Tahoe. She inherited the property from her father. Thus the reason is it most-often called the Ehrman Mansion.

By 1927, the mansion was on the power grid. A year later the state had paved roads on this side of the lake. In 1930, telephone service arrived in Tahoma. In 1945, a propane stove replaced the wood cooking apparatus.

Today it is a state park and museum of sorts. California State Parks in 1965 paid \$7.2 million for the mansion and 2,000 acres. It sat vacant for 20 years. At first officials thought about tearing down Pine Lodge, as the house was called by the original owners, and turning the area into a campground. Instead, what became a campground is the acreage on the other side of the state highway.

The public was welcome in the 1980s. It is well worth taking a tour of this slice of Tahoe history, with its dining room that has woven redwood walls and ceilings one-twentieth of an inch thick. This room looks like it would have in the 1930s.

A mirror is low on the wall – all for the women to check to make sure their petticoats were not showing, let alone their ankles.

A rather modern kitchen produced about 150 meals a day; each guest was served three meals a day.

And if a trip back in time is not to your liking, the grounds are pleasant to stroll and the beach worth catching some rays on. The icehouse is open without a fee, as is the boathouse where the classic wooden Cherokee is stored.

Getting there:

From South Lake Tahoe, go north on Highway 89. Go for about 19 miles. Sign for the state park will be on the right. (The entrance is 10 miles from Tahoe City.)

Things to know:

- Daily tours end Sept. 30 before resuming Memorial Day weekend.

- Call for times: (530) 525.7232.
- Cost: \$10 to park, \$8 for adult tours, \$5 for ages 6-17, free if younger.
- Sierra State Parks Foundation and California State Parks is putting on “behind the scenes” at Ehrman Mansion on Aug. 31 from 5-8pm. Tickets are \$50/person, with proceeds designated for maintenance and repairs of the mansion.

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Learn how to write a novel

Ready to write a novel?

Author Tim Hauserman will instruct you how to in a month. The goal is to have the first draft of a novel written in November during National Novel Writing Month.

The classes are through Sierra College at the Truckee campus on Tuesdays from 6:30-8pm Oct. 30-Dec. 4.

To register, go online.

‘Miserable Champion’ – the

Shaun Palmer story

By Sal Ruibal, Bike

In 1998, I wrote a front-page cover story for *USA Today* that posed the question: "Is this man the world's greatest athlete?" That man was mountain bike-snowboard-motocross-punk rocker Shaun Palmer of South Lake Tahoe, and that story shocked the sports world.

The traditional sports establishment wet their seersucker trousers in anger: USA Track and Field cried that only the current world-record holder in the decathlon could wear that crown. Major League sports fans cried in their Lite Beer because Bo Jackson was a pro football-baseball star. The Earth moved.

Fast-forward to 2012 and the idea that an action sports athlete could be the best in the world isn't shocking, it seems normal. Shaun White, who trains at Northstar in Truckee, lights it up at Winter and Summer X Games while snatching a bunch of Olympic gold medals. He's looking beyond little wheels and half-pipes these days.

Travis Pastrana? If it has wheels and he has bones, give him something to break. One of the scariest rides I've ever been on was in a U-Haul truck with Travis at the wheel.

But neither of those guys were true punk rockers in the heyday of that genre. If the only thing The Palm ever did was scream and shout with Fungus, he would still have a spot in the Crazy MoFo Hall of Fame.

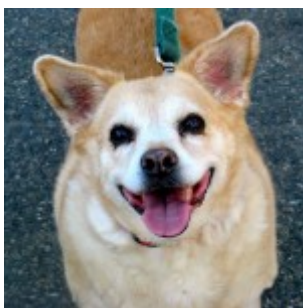
Finally, after many years of frustration and cinematic near death, the Shaun Palmer movie is out there for your viewing pleasure. Brad Holmes' film, "Shaun Palmer: The Miserable Champion", is a horror show and a Saturday morning Superman cartoon blended with a Sex Pistols live show and a donkey

demolition derby. The flick won Best Biography at the 2012 X-Dance Action Sports Film Festival.

Read the whole story

Tahoe Tails – Adoptable Pets in South Lake Tahoe

Honey is the perfect dog for someone who wants a well-behaved, small, mature companion. She is about 9 years old, a Welsh corgi mixed with probably a few other things.



She is house trained, loves to play with other dogs, and didn't chase the cats that didn't run from her. She is very happy and affectionate, and enjoys going for walks. She was found as a stray and her people never looked for her.

Honey 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.

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

Celebrity improv players coming to South Shore

Laura Hall, musical director of “Whose Line Is It Anyway”, and her actor-musician husband, Rick Hall, will be on the South Shore over Labor Day weekend.

The Halls’ performance schedule includes two shows at the Valhalla Boathouse Theatre.

They will join with the Tahoe Improv Players on Sept 1 at 7:30pm for an evening show where audience suggestions are turned into hilarious scenes made up on the spot.

On Sept. 2 at 7:30pm, the Halls present “The Laura & Rick Hall Show”. Their show includes original songs filled with their experiences in life: finding and appreciating love, having faith, raising children, childhood memories and the places where these memories took place.

The Halls began their careers working at “The Second City,” Chicago’s famous school of improvisation and sketch comedy theater.

Tickets are \$10 the first night and \$18 the second. Special two-show tickets may be purchased for \$25.

Dose of vitamin D may prevent childhood colds

By Thomas H. Maugh II, Los Angeles Times

For kids who get a lot of colds during the winter, a boost in vitamin D levels may be just what the doctor ordered, researchers reported Monday. Supplementing vitamin D intake for children who were deficient halved the number of colds the children contracted, a team reported in the journal *Pediatrics*.

Observational studies have suggested that low vitamin D levels are associated with an increased risk of colds. The new study is apparently the first to show that supplementing children's intake of the vitamin can reduce their risk of colds.

Dr. Carlos A. Camargo Jr. of Massachusetts General Hospital in Boston and his colleagues studied 247 third- and fourth-graders in Ulaanbaatar, Mongolia, as part of a larger study called the Blue Sky Study. They picked the city because the combination of an extremely cold climate and the high latitude restricts the amount of time children play outside in the sun. Sun shining on the skin is a major source of vitamin D. Moreover, foods and milk in Mongolia are not routinely supplemented with vitamin D.

[Read the whole story](#)

Hudson River's heroic pilot

relives landing for Tahoe

By Kathryn Reed

"I'm not sure we can make any runway."

"We're gonna be in the Hudson."

"Say again captain."

That is some of dialogue between airline Capt. Chesley "Sully" Sullenberger and the control tower moments before he landed US Airways Flight 1549 into the Hudson River in New York on Jan. 15, 2009.

The black box recovered from the cockpit is privileged information and contains everything Sullenberger and first officer Jeff Skiles said in the 208 seconds after Canada geese took out their two engines on the Airbus and the 155 aboard the plane landed in the 36-degree water. (The air temperature was 21 degrees that day.)



Capt. Chesley "Sully" Sullenberger, left, on Aug. 24 talks to stunt pilots who will be in the air today at Lake Tahoe Airport. Photo/Kathryn Reed

Everything happened so fast the only announcement Sullenberger

made to the passengers was to brace for impact. Even the flight crew didn't know there was about to be an emergency water landing.

Sullenberger relayed this and other aspects of the harrowing experience to a crowd of about 175 people Aug. 24 at Embassy Suites in South Lake Tahoe.

"You would have thought that we had been working together for years," Sullenberger said of himself and Skiles. They had met three days earlier. Now they are like brothers.

It was their years of experience that allowed them to be calm, act on instinct, and ensure not a single person died as they descended at a rate of two stories per second.

Pilots don't get to practice these types of scenarios. There is no simulator that allows them to practice a water landing.

"The only way to train is theoretical discussions in a classroom," Sullenberger said.

While the two pilots were not high-fiving or slapping each other's back after the successful landing, Sullenberger said they did turn to each other and simultaneously said, "That wasn't as bad as I thought."

The plane was damaged so much it could not be flown again. It has since been restored a bit and is on display for the public in North Carolina.

In the time since Sullenberger reached hero status he has spent his time working on air safety, giving talks and getting kids interested in aviation. Plus, he has written two books – "Making a Difference Stories of Vision and Courage from America's Leaders" which came out in May and "Highest Duty: My Search for What Really Matters" which was published in May 2010.

He and Skiles are the honorary co-chairs of the EAA Young

Eagles program that gets young people interested in aviation. He will be at Lake Tahoe Airport on Aug. 26 for the Young Eagles flights.

His wife, Lorrie, and daughters Kate and Kelly joined him on this trip to Tahoe. The Bay Area residents are regular visitors to Lake Tahoe, having owned a place at Incline Village in the past.

They are avid skiers, with most of their time spent at Northstar. Biking the Flume Trail and hiking parts of the Tahoe Rim Trail are other athletic pursuits they enjoy, Lorrie Sullenberger told *Lake Tahoe News*.

The couple has a romantic tie to Tahoe, too. In the late 1980s they were passengers in a friend's four-seater plane when Sullenberger proposed while flying over Lake Tahoe.

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Note: Lake in the Sky Air Show is today at Lake Tahoe Airport. Opening ceremonies are at 10am, though the pancake breakfast starts at 8am. Closing ceremonies are at 3:30pm.