

Slew of Nevadans win tourism awards

Tourism professionals and volunteers from throughout Nevada were honored at the 22nd annual Rural Roundup conference in Incline Village.

One winner was selected from each of Nevada's six tourism territories – geographical areas of similar culture and geography – and two other awards recognized achievements on a statewide basis. A new award was added this year to recognize a tourism partner that has helped promote Nevada internationally. The June Stannard Scholarship was awarded to a Nevada high school senior who will be pursuing a degree in tourism or hospitality.

VolunTourism Award recipients are:

Reno-Tahoe Territory: Sue Knight is the proprietor of the Wild Rose Inn Bed and Breakfast in Genoa. Knight has been a longtime member of the Reno-Tahoe Territory, currently serving as secretary, and is actively involved in hosting familiarization tours to the territory.

Cowboy Country Territory: Kitty Nash serves as secretary for Cowboy Country. She was instrumental in creating the successful "Dream Vacation to Cowboy Country" contest and she currently is developing the territory's quarterly e-newsletter.

Pony Express Territory: Wayne Cameron is the executive director of the White Pine Chamber of Commerce and has been involved in community activities in Ely for more than four decades.

Indian Territory: Ben Aleck is Northern Paiute and has been the collections manager for the Pyramid Lake Visitors Center

and Museum in Nixon since 2000.

Silver Trails Territory: Arlette Ledbetter is the director of tourism for the town of Pahrump and has applied her creativity and strategic planning to promoting the Nevada Silver Trails.

Las Vegas Territory: Charlene Ham is the special events coordinator for the Henderson Convention Center and Visitors Bureau.

Statewide Excellence in Grants Award: The Wells Chamber of Commerce uniquely leveraged two marketing grants and one infrastructure grant to benefit the town that was greatly damaged in a 6.0 earthquake in 2008.

Statewide Excellence in Tourism: Marvin Minnick is a 32-year resident of Nevada and has been involved with tourism since joining the Pahrump Tourism Board in 2006.

Nevada International Award: American Airlines, Germany, was honored for its ongoing promotion of Nevada's rural destinations and events.

June Stannard Scholarship Winner: Brooke Aiazzi of Yerington is this year's winner of the annual \$1,000 June Stannard Memorial Scholarship to pursue a college degree that will lead to a career in the tourism industry. She is a senior at Yerington High School.

United Way hands out \$650,000

to regional charities

Lake Tahoe Boys and Girls Club is one of several groups to share in United Ways' distribution of \$650,000.

United Way received \$3.3 million in requests.

Groups receiving money are:

-Boys and Girls Club of Truckee Meadows in collaboration with BGC of Western Nevada, BGC of Mason Valley, BGC of Lake Tahoe, BGC of North Lake Tahoe and BGC of Elko. It received \$100,000 to teach job skills to youth ages 10 to 18.

-Step 2 in collaboration with ACCEPT, Safe Embrace, Advocates to End Domestic Violence, Committee To Aid Abused Women, Washoe Legal Services – \$75,000.

-Nevada Rural Counties Retired Senior Volunteer Program in collaboration with Alzheimer's Association of California and Northwestern Nevada – \$75,000.

-Quest Counseling – \$50,000.

-Community Services Agency – \$75,000.

-Catholic Charities of Northern Nevada – \$15,000.

-ReStart (in collaboration with Volunteers of America – Greater Sacramento and Northern Nevada) – \$50,000.

-Community Counseling Center in collaboration with Ron Wood Family Resource Center, Carson City Families First Drug Court, United Latino Community and Partnership Carson City – \$50,000.

-Ridge House in collaboration with Step 1 – \$50,000.

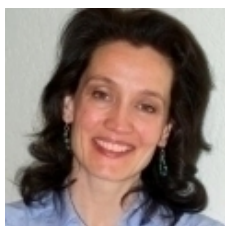
– *Reno Gazette-Journal*

Make a few adjustments to eliminate winter's extra pounds

By Mandy Kendall

The arrival of some warmer weather will most likely have us delving into our wardrobes for some lighter clothing. However, some of us may be finding that our clothes have mysteriously shrunk in our cupboards over the winter. Pants feel a little tighter around waistbands and those sleeveless tops don't seem to make our arms look as toned as they did last year?

If we can't blame the clothes shrinking for this strange phenomenon, then I guess the next alternative to consider is the hibernation factor that causes an insulating layer of extra flesh that appears over the winter months to protect us from the cold and any possible threat of starvation.



Mandy
Kendall

So, what to do about it? Well, the warmer weather, enticing us to be outside and more active again, will go some toward shedding some of the winter layer. However, as we all know, it's a lot to do with what we eat that will dictate how much of an extra layer we carry around with us. Traditional weight

loss diets had us reducing the amount of food we ate, and therefore reducing the number of calories we took in.

Not anymore. Today's theories surround the quality and type of food we take in. One of the latest buzz terms in the nutritional circles is "crowding out". The idea is to add fiber rich and nutrition dense foods to your diet, which gradually crowd out the craving for any junk food. It's all about filling your body with hunger quenching foods in such a way that you never get the chance to feel hungry. This sounded like my kind of diet, so I did a little research.

So what's it all about? It's all about fiber. There are numerous benefits to eating fiber. It fills us up without adding too many calories, it slows digestion keeping us feeling full longer, and also keeps our blood sugar levels even and balanced (no spikes and drops that have us grabbing for sugary snacks or drinks) and it attacks like nature's "bottle brush" cleaning out our digestive track as it passes through. All of this along with lowering your risk of colon cancer, heart disease and digestive problems makes fiber a very important part of our diet.

Apparently we evolved eating about 100 grams of fiber a day, mainly from wild greens. It's currently recommended women eat at least 25-30 grams and men 35-40 grams per day however, the average American currently only eats around 10-15 grams per day.

So here are some *Qwik-e* (quick and easy) tips on foods to increase the amount of fiber in your diet and decrease the tightness of those summer shorts.

An apple day – According to the Mayo clinic, apples contain about 4.4 grams of fiber and plenty of antioxidants in the peel. They contain a gelling agent called Pectin, used in jams and jellies, which can delay our stomachs emptying and keep us feeling full longer. Pears have 5.5 grams of fiber (if you can

catch them during the 30 seconds that they are 'just right'). However, raspberries are a whopping 8 grams per cup.

Full of beans – Topping the chart on the top 10 fiber-rich foods list are cooked split peas and cooked lentils at 15 and 16 grams a piece per cup. Maybe that's where the saying comes from? In general, all the beans and legumes varieties are high in fiber and a great source of protein too.

Going nuts for fiber – Almonds are pretty fiber rich at 3.5 grams per ounce (about 23 almonds) so make a great hunger-quelling snack. Just be aware of over-doing nuts in general, they are high in fat (albeit good fat) and calories so you can get too much of a good thing.

Vegetables – Cooked peas provides about 8 grams of fiber per cup with broccoli yielding about 5 grams of fiber per cup. However, a medium artichoke beats them all with 10 grams of fiber. So going green is good for you in more ways than one.

Grains, cereals and pasta – Now who would have thought that whole wheat spaghetti has more than 6 grams of fiber per cup when cooked? Couple that with some fresh chopped tomatoes, some green vegetables and finish with a bowl of raspberries and you would be well on your way to your daily fiber target.

Flush it through – Just remember that plenty of water is required to flush the bulky fiber through the system.

For reference, here is the Mayo Clinic website with a list of the fiber content of the main food groups.

Here is a longer alphabetical list of foods, and their fiber content, from the USDA National Nutrient Database.

Just be aware they will possibly differ slightly but will give you a very good idea of which foods will give you the most amount of fiber.

Until next time.

Mandy Kendall operates Health Connective in South Lake Tahoe. If you have any questions, would like some advice, or would like to request some Qwik-e tips on any health and wellbeing topic, please feel free to drop me an email at healthconnective@gmail.com, visit us on Facebook, 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.

Barton Health accepting grant applications

In an effort to impact the health of local residents, Barton Health is providing grant funding to programs and organizations that benefit those communities that are underserved and/or can have the greatest impact on the health of our community at large.



In this grant cycle consideration will be given to programs that address the community's most pressing health needs such as obesity, nutrition and physical fitness, oral health, food and shelter, and mental health. In addition the following criteria will be considered when reviewing applications:

- The sustainability of the project should you not receive grant funding in future years.
- The long term effect i.e. "teach them to fish vs. giving them a fish" of the project/program.
- Is the program leveraging other funding sources vs. solely relying on the Barton Health Grant?

- Is the program innovative and does it inspire other community organizations to take on similar programs?
- Past applicants/recipients may apply but we will need to see a significant difference in the proposed program.
- The objective is to fund projects that serve a large subset of our community. Generally between five and 10 organizations receive grants.

Barton Health Grant proposals are reviewed by the Barton Community Advisory Committee and the final grant recipients will be approved by the Barton Health Board of Directors. Funding for Barton Health Grants is provided by Barton Health through a gift from the Barton Foundation. The total grant amount available for 2012 is \$25,000.

Grant proposals will be accepted until June 29. Grantees will be notified in September and awards will be given at the Philanthropy Day Celebration, Nov. 2.

Grant proposals may be submitted online or in person at the Barton Foundation office at 2092 Lake Tahoe Blvd., Ste. 600, South Lake Tahoe.

For more information, call Kindle Craig at (530) 543.5612.

Help for adults, teens in El Dorado County needing a job

The El Dorado County Connections One Stop Resource Center is hosting two informational meetings for unemployed,

underemployed or dislocated workers and youth in El Dorado County regarding the availability of tuition, on-the-job training and other supportive services through the federal Workforce Investment Act.

The informational sessions are free and as follows:

- April 25 from 3-5pm for youth ages 17-21 at the El Dorado County Public Library located at 345 Fair Lane in Placerville.
- May 8 from 10am-noon for youth and adults at the El Dorado County Public Library located at 345 Fair Lane in Placerville.

Although not required, participants are encouraged to reserve a spot at one of the informational sessions. For more information, or to make a reservation, call (530) 642.4897.

The WIA program serves youth and adults. The youth program is open to people ages 17-21; a 17-year-old must be a senior in high school. Adults who participate in the program must be able to support themselves while in training.

Those who cannot attend one of the informational sessions may visit the Connections One Stop Resource Center and ask to speak to a WIA staff member. The Connections One Stop Resource Center is located at 3047 Briw Road in Placerville and at 3368 Lake Tahoe Blvd., No. 202, in South Lake Tahoe. The offices are open from 8am-5pm, Monday-Friday. Tahoe residents may call (530) 573.4335 for additional information.

Penny slot play turns into \$1

mil. win at Jackson Rancheria

By Huffington Post

Alberto Lopez had some spare time on Thursday when rain prevented him from fixing windows at a local school in Livermore.

So the 51-year-old construction worker decided to head over to Jackson Rancheria, a casino two hours away in the Sierra foothills. The drive was worth it: Lopez ended up winning more than \$1 million that day playing penny slots, according to a press release issued by the casino.

“Alberto says he put \$100 in the penny machine, played for a little while – getting as high as \$350 and as low as \$45 – when his luck came through and he hit the jackpot for \$1,129,009.20,” the press release said

Lopez told the casino he was in shock from the win and planned to use some of the money to pay off his loans and “do something for [his] mom.”

But first, he would finish his construction work at the school.

“Gotta go to work Saturday. Can’t leave those kids without windows,” Lopez told the casino.

Read the whole story

Human desire is to gravitate toward a tribe

By E.O. Wilson, Newsweek

Have you ever wondered why, in the ongoing presidential campaign, we so strongly hear the pipes calling us to arms? Why the religious among us bristle at any challenge to the creation story they believe? Or even why team sports evoke such intense loyalty, joy, and despair?

The answer is that everyone, no exception, must have a tribe, an alliance with which to jockey for power and territory, to demonize the enemy, to organize rallies and raise flags.

And so it has ever been. In ancient history and prehistory, tribes gave visceral comfort and pride from familiar fellowship, and a way to defend the group enthusiastically against rival groups. It gave people a name in addition to their own and social meaning in a chaotic world. It made the environment less disorienting and dangerous. Human nature has not changed. Modern groups are psychologically equivalent to the tribes of ancient history. As such, these groups are directly descended from the bands of primitive humans and prehumans.

The drive to join is deeply ingrained, a result of a complicated evolution that has led our species to a condition that biologists call eusociality. "Eu-," of course, is a prefix meaning pleasant or good: euphony is something that sounds wonderful; eugenics is the attempt to improve the gene pool. And the eusocial group contains multiple generations whose members perform altruistic acts, sometimes against their own personal interests, to benefit their group. Eusociality is an outgrowth of a new way of understanding evolution, which blends traditionally popular individual selection (based on

individuals competing against each other) with group selection (based on competition among groups). Individual selection tends to favor selfish behavior. Group selection favors altruistic behavior and is responsible for the origin of the most advanced level of social behavior, that attained by ants, bees, termites—and humans.

Among eusocial insects, the impulse to support the group at the expense of the individual is largely instinctual. But to play the game the human way required a complicated mix of closely calibrated altruism, cooperation, competition, domination, reciprocity, defection, and deceit. Humans had to feel empathy for others, to measure the emotions of friend and enemy alike, to judge the intentions of all of them, and to plan a strategy for personal social interactions.

Read the whole story

Art-wine event funds El Dorado County scholarship program

The El Dorado County Chamber of Commerce Education Council's annual Wine Tasting/Art Auction is May 4.

Ten Thomas Kinkade framed prints, along with artwork from other area artists, will be auctioned off to the highest bidder.

David Girard Vineyard will be the site of the event. Tickets are \$10 for the event that starts at 6pm.

Many artists who have participated in the past will be

participating again. This is an opportunity to not only raise money for the Al Aguiar Memorial Scholarship to support the continuing education of El Dorado County residents, but the Wine Tasting/Art Auction also gives exposure to El Dorado County artists.

The Al Aguiar Memorial Scholarship enables employers in El Dorado County to assist their employees to increase their education and knowledge by allowing the employee to be trained while working, thus benefiting the employer as well.

Call the El Dorado County Chamber of Commerce at (530) 621.5885 or the El Dorado County Office of Education at (530) 295.2337 for more information on the Al Aguiar Memorial Scholarship or the Wine Tasting/Art Auction.

Carson City reviving its ghost tours

Carson City's history is explored and theatrically relived in the seasonal Ghost Walking Tours which begin May 26 at 1pm.

Hear about lingering spirits of the past, haunted and paranormal stories. This is a spirit lead, guided walking tour of the downtown district's historic homes.

It is a 90-minute guided walking tour.

Tickets are \$15 in advance, \$20 at the door and kids 4 and under are free. Tickets are available by calling (775) 687.7410.

Some of the stops along the tour include the Bliss Mansion, Brewery Arts Center, Ferris Mansion, and Rinckel Mansion.

Tahoe Tails – Adoptable Pets in South Lake Tahoe

Bob is such a cutie. He's a young poodle with a fashionable white goatee.



Only about 15 pounds, Bob is a sweet little boy who likes lots of attention. We don't often have fluffy lap dogs, and Bob is a very friendly, affectionate one who won't leave your side.

Bob 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