

Backcountry splitboarder to be at showing of film in Truckee

Follow Northwest splitboard mountaineer Kyle Miller deep into the Cascades on his epic hunt for good snow in the short documentary "FreeRider".

The film chronicles Miller's passion for his sport, his skibum lifestyle, his love of the mountains, his triumphs and disappointments, his pain and his joys, and his unyielding dedication toward fulfilling his riding dreams. Each season Miller sets a high bar for himself. In 2010, he became the first documented splitboarder to climb and ride all 25 volcanoes in the Western United States. Last year he completed Washington's 10 highest peaks.

He has made numerous first descents on splits and covered hundreds of miles and thousands of vertical feet on multiday haute route traverses throughout the Cascade Range.

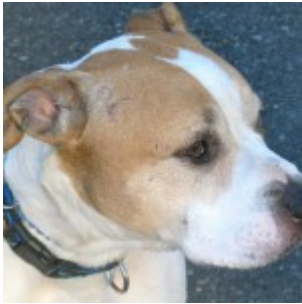
Miller will be attending the screening and also presenting a slideshow covering some of his most challenging backcountry trips, as well as sharing some insight on setting and accomplishing goals, overcoming adversity, and just riding for the pure adventure of it.

The presentation is being hosted at the Back Country on March 3 at 8pm, 11400 Donner Pass Road, Truckee.

For more information, call (530) 582.0909.

Tahoe Tails – Adoptable Pets in South Lake Tahoe

Luke is a nice 4-year-old pit bull mix who gives the breed a good name. He is very gentle, is house trained, and has great manners.



He loves to go for walks and doesn't pull on his leash. But he is also quite playful, and loves to walk around with a toy in his mouth, which he will gently hand to you or drop for you to throw for him.

He gets along with most dogs, but he would prefer to be your only pet.

Luke 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.

Call (530) 573.7925 for directions, hours, and other information on adopting a pet.

For spay-neuter assistance for South Tahoe residents, go online.

Calif. AG not afraid to fight for the state

By Katrina Heron, Newsweek

Kamala Harris is known for her entrances. A political crusader and cultural-barrier breaker, she was until recently famous for a trifecta of firsts: first African-American, first Indian-American, first female attorney general of California.

But then Harris did something that took many by surprise: she made a grand exit.



Kamala Harris

After multiple trips to Washington for heated closed-door sessions, Harris walked away last September from a deal highly coveted by President Obama and shepherded by a score of federal agencies, a proposed settlement between the 50 states' attorneys general and the five biggest banks involved in the home-mortgage crisis. "I have concluded that this is not the deal California homeowners have been waiting for," Harris wrote to the settlement's committee chairs, just nine months into her job, noting that more than half a million more homes in her state had fallen into the foreclosure process since discussions had begun in late 2010.

Harris's abrupt departure helped derail that agreement, and response to her move was swift. Some critics, including members of the financial community, spoke of a newcomer making an irresponsible gamble to enhance her own political stature. Those who approved saw a savvy bluff-caller doing her job for a state that leads the nation in homeowner woes, with 2.2 million borrowers currently underwater on their mortgages and seven of the 10 cities in America hardest hit by foreclosure. Still others believed Harris would never agree to a deal.

That last theory, at least, was put to rest on Thursday with the announcement that 49 states, including California, have agreed to a three-year, \$26 billion settlement with Bank of America, JPMorgan Chase, Citigroup, Wells Fargo, and Ally Financial. A formidable negotiator, Harris had pushed up her state's take from somewhere between \$2 billion and \$4 billion to \$12 billion, with an estimated \$6 billion more in value to owners coming from banks acknowledging the diminished value of homes. She also extracted special concessions on how the relief will be guaranteed and distributed. Along with other, equally intransigent AGs, Harris also prevailed against the banks' bid for across-the-board immunity, preserving for states the right to pursue their own investigations into how loans were made to borrowers and how they were then packaged and resold in financial markets.

Still, some critics branded the deal a sell-out (after all, bank shares rose), pointing out that it offers scant relief for those who have already lost their homes to foreclosure. Harris herself—for whom the settlement is arguably a huge political coup and a boost for any future gubernatorial run—did not crow. “We brought an \$18 billion life preserver to homeowners who need relief right now,” she told Newsweek in an interview after the deal was announced. “It’s a good thing, but we have a lot more work to do. By no means are we done.”

Harris, 47, has never shied from a central role in the long-running negotiations. Sitting in her office under a portrait of Martin Luther King Jr., she was roused easily from professional calm to righteous fervor, revealing shades of the career prosecutor who first made her name battling the grittiest of crimes, including child sexual abuse. Her customary uniform of dark pantsuit, high heels, and pearls suggests a rather glamorous CEO, but the bursts of intensity are that of a courtroom dynamo, by turns compelling outrage and inviting empathy, disarmingly folksy and clearly comfortable under pressure.

‘Warrior Breathing’ could change your life

By Kym McNichola, Forbes

Breathing right can change your life. Reading that, you might wonder, can you do it wrong? Yes. Not on purpose, of course. But if you’re constantly in a state of stress, your breathing is key to helping your body and mind manage it. When I attended this year’s Summit Series event at Squaw Valley, which is a gathering of some of the most amazing entrepreneurs and investors in the world, I made a promise to myself that I was going to have some sort of breakthrough in my life. Since my editor Steve Bertoni, who also attended the event, said I should give myself a break after interviewing quite a few executives, including X Prize Chairman Peter Diamandis and Sim City/Spore Creator Will Wright, I knew that breakthrough had to be a personal one versus professional.

That next morning I decided to sit in on a seminar on breathing. Having been in broadcasting most of my life I thought I truly knew how to breathe the “right” way, and figured it was simply a one-hour meditation session. To my surprise, it wasn’t. Turns out there’s something called, “Warrior Breathing,” which, if done right, truly clears your heart, your soul and your mind. That’s according to the founders of Do As One, which is a non-profit dedicated to teaching people how to breathe. I must’ve done something right because during the last exercise I started having a panic attack, which I’d never experienced before. At first it scared

me as my eyes suddenly filled up with tears. But then I took a deep breathe in and a big smile erupted on my face.

To which co-founder, Eric Stotz said, "You just opened your heart for the first time.

Read the whole story

Bloom to speak in Squaw

The Squaw Valley Institute on March 23 at 5pm hosts Jeremy Bloom, three-time world champion, two-time Olympian and 11-time World Cup gold medalist in freestyle moguls skiing, and NFL player.

Bloom is also the founder of the Wish of a Lifetime Charity, which grants lifelong wishes to 80, 90, and 100-plus-year-old people.

In April 2010, Bloom co-founded the Internet company Integrate.com, and he has just been recognized by *Forbes* magazine as one of the 30 under 30 list in Technology. He is 29.

For more information and tickets, go online.

Nevada roadside markers to be

updated

By Emerson Marcus, Reno Gazette-Journal

The text on many of the blue and gray, Nevada-shaped roadside markers that note historically significant events and locations will be updated in the coming months and years to fix errors and terminology that could be read as insensitive or even racist, Nevada State Historic Preservation Officer Ron James said.

Phrases like “Chinese hoards stormed” Tuscarora and “Before the coming of the white man, roving Washoe and Paiute bands inhabited the Truckee Meadows” were a couple of examples, James said. Date inaccuracies, physical wear, spelling and grammatical errors will also be corrected.

“Almost all of them need to be updated for some reason,” said James, who estimated the price of each new marker at \$1,000. “We also grade the markers. So, as funding becomes available, we’ll address the ones that need to be addressed the soonest.”

The Nevada Department of Transportation will fund much of the effort with about \$88,000 this year to help with maintenance and replacement of damaged markers, NDOT public information officer Meg Ragonese said. After a marker is determined to be damaged or stolen, it will be replaced with a new marker containing updated text, James said.

Most of the markers were written by members of the Nevada Historical Society in the 1960s and 1970s after the National Historical Preservation Act of 1966.

Read the whole story

Lake Valley firefighters ready to dance up a storm at 50th ball

By Leona Allen

Members of the Lake Valley Volunteer Firefighter's Association are gearing up for the 50th annual Firefighter's Ball on March 2 at MontBleu in Stateline starting at 8pm.

Tickets are \$15 in advance and \$20 at the door. They can be obtained at Lake Valley Fire Station 6 (Golden Bear and Pioneer Trail), Station 7 (2211 Keetak St., Meyers), Raley's or Lira's Market.



Pat Doyle and
Ed Fischer
dance at the
second
Firefighter's
Ball at the
American
Legion Hall on
Feb. 4, 1962.
Photos/Lake
Valley Fire

The first ball was Feb. 4, 1961. It was initiated by the Lake Valley Ladies Auxiliary to assist in raising money for the

district's training and equipment needs. The first band to play at the ball was the Don Keller Band, and the event was at the American Legion Hall. In subsequent years, local bands such as George Worth, Mal and the Movers, and The Riptides entertained dancers throughout the evening.

If you're doing the math and counting the years from 1961, this should be the 51st annual event. In 1964, however, part of the American Legion Hall collapsed under the snow load and the ball was canceled for that year.

Starting in 1965 the ball was at the Elk's Club Lodge in Meyers. During those years, dinner was cooked and served to attendees by the firefighters and the ball became the area's premier event. Many times the crowd exceeded the capacity of the hall.

Extra outhouses had to be brought in and outfitted with heat and lights.



On April 21, 1961, Lake Valley personnel test three new American La France fire engines. At the time, Lake valley had 17 paid

firefighters
and 19
volunteers.
Current
staffing is 25
paid
firefighters
and 20
volunteers.

Due to the large crowds, the ball was moved to the casinos.

Proceeds from the ball have assisted the district as well as the community in many ways. Necessary equipment has been purchased for the firefighters and paramedics, including defibrillators, extrication equipment ("Jaws of Life"), ice rescue suits, and wildland fire gear. The funds also allow Lake Valley personnel to provide community CPR classes and, most recently, scholarships for South Tahoe High School students to attend the Lake Tahoe Basin Fire Academy.

Leona Allen is an employee of Lake Valley Fire District.

4 WHS students rise to top of their class

Publisher's note: On Feb. 22 four Whittell High School students were recognized by Soroptimist International South Lake Tahoe as being Young Women of Distinction for their accomplishments. The following is what WHS counselor Tricia Fierst wrote about each girl.

By Tricia Fierst

Thank you Soroptimist for recognizing these wonderful women of Whittell. Whittell is a unique place with a small student body, our students have to fill many roles. All of these women have done just that at Whittell, and they have reached out to our community.

These women have spent the last four years playing sports, being part of school leadership, volunteering at school and the community, learning life skills, and working. I am so glad Soroptimist gives us a venue to recognize them and their accomplishments.



Jillian
Dauscher, from
left, Nina
Jimenez, Megan
Mize and
Sabrina Swoger

Jillian Dauscher

Jillian Dauscher is the daughter of Ellen and Andy Dauscher. Jillian has a cumulative GPA of 3.688. Jillian has been accepted to Arizona State University and plans to study aviation. Jillian is working toward a pilot license and last summer she flew with her instructor to Wisconsin for the Osh Kosh Air Show.

Jillian is currently taking honors physics and has completed 15 credits through Western Nevada College.

Jillian has been a cheerleader and played varsity soccer at

Whittell. In Jillian's spare time, she dances on a competitive dance team and works as a dance teacher at Forever Dance.

Jillian has helped shape not only her school, but also her community. At school, Jillian has been on Whittell's student council all four years. Jillian has spent the last two years as rally commissioner planning events for an entire school. Jillian has also been a member of our Student Issues Committee, which brings problems and concerns to our administration and Jillian communicates well with our administration.

Furthermore, Jillian is our student representative for the Whittell's Parent Booster Committee. Jillian is able to work with many different adults and students to make Whittell the best place for students.

In our community, Jillian has volunteered at local events like the Bijou Bash, Festival of Trees for Barton Hospital, Relay for Life, and Rotary Christmas Party. Last year, Jillian volunteered to help raise money for the Special Olympics Polar Bear Plunge that happens at Zephyr Cove. Jillian raised the most money as an individual fundraiser, and she helped Whittell win the school challenge. She had a real passion for wanting to raise the money, and her passion helped others to raise money, too.

I believe Jillian is a unique student because she communicates so well with teachers, staff, and administrators. Jillian is not afraid to stand up for what is right and help others who do not always have a voice. Jillian's student council advisor describes her as compassionate, thoughtful, and hard working. Jillian demonstrated her ability to show compassion this summer as she worked as a camp counselor at Camp Sunrise, a camp for children who have lost a close family member. Jillian's positive outlook will have a long lasting effect on Whittell and will help Jillian be successful at whatever she decides to do. Jillian has earned the title of Young Woman of

Distinction

Megan Mize

Megan Mize is the daughter of Renate and Don Mize. Megan has a cumulative GPA of 4.19. As a senior, Megan is taking two AP classes and one honors class. Megan plans on attending either UNR or the University of Puget Sound and major in early childhood education. Last summer, Megan attended RYLA, a leadership camp, where she worked with other students from the area to advance her leadership abilities.

Megan has taken on many roles at Whittell. If you ask the student body, Megan is usually mentioned for her outstanding athletic ability on the volleyball court. If you ask the teachers, Megan is recognized for her academic prowess. Megan has been on Honor Roll for four years. Megan is a woman, who leads by example.

Megan is involved in Student Council as executive social commissioner, Key Club, and National Honor Society. This year Megan stepped up to take the position as yearbook editor and school newspaper editor. Megan has been recognized for leadership on the court, too, as being named a volleyball co-captain by her peers. She hopes to continue playing volleyball in college.

In the community, Megan has volunteered at local events like Relay for Life and at the Kahle Community Center as a teen volunteer working with elementary school students. Last year, Megan volunteered at many Key Club and National Honor Society events. She has also volunteered at the Valhalla Beach Clean Up and our local food pantry. As a senior, Megan organized a Whittell coat drive. Megan's willingness to work at local events makes her a role model to our other students.

I think Mr. Hight, Megan's former math teacher, said it best, "Megan is an outstanding student." Hight continued, "Megan has the respect of students and the staff." Bernadette Esquivel

agreed with Hight's remakes and added, "Megan has really grown into her leadership role at Whittell."

I believe Megan is a quiet force. Megan leads by example. She understands great leaders cannot say one thing and do another, which explains why she is being recognized as a Woman of Distinction.

Sabrina Swoger

Sabrina Swoger is the daughter of Sally and Brian Swoger. Sabrina has a cumulative GPA of a 4.28. Sabrina is a standout student in academics; she is taking two AP classes and one honors class. Sabrina has taken all the AP and honors classes that Whittell offers.

Sabrina plans on attending Baylor or the University of Pittsburgh and majoring in philosophy or health science. Last summer, Sabrina volunteered in the Caribbean where she worked at a school to improve their community sports facility.

Sabrina is well rounded in her extracurricular activities at Whittell. Sabrina has been active in the choir program, singing in our Black and White Choir for four years and has played clarinet for four years. Sabrina has shown her leadership abilities by serving in school leadership and in her senior year is serving as Executive Counsel vice president. Along with school leadership, Sabrina is the Key Club vice president and a National Honor Society president. Sabrina is involved in the Student Issues Committee on campus. Sabrina also won a local speech contest, and she was a finalist for the district competition.

She has participated in community activities within Key Club and National Honor Society like UNICEF, Special Olympics, Kahle Community Center, and Sabrina has organized four community blood drives and this year organized Whittell's Relay for Life team. Sabrina's has great organizational skills and has been able plan events quickly and efficiently.

Mrs. Samuels, Whittell librarian, describes Sabrina as determined. Samuels believes Sabrina could move mountains with her determination. Her sense of humor, happiness, and positive attitude add the perfect blend to her academic astuteness. She enjoys learning, laughing, and cares for other people. While Mr. Kelly, Sabrina's former AP teacher, says Sabrina's best quality is her inquisitive nature, and he believes that will serve her well through her college and beyond. Sabrina definitely has what it takes to be a Woman of Distinction.

Nina Jimenez

Nina Jimenez is the daughter of Pam and Vic Jimenez. Nina has a cumulative GPA of 4.28. Nina is a standout student in academics; she is taking two AP classes and one honors class. Nina has taken all the AP and honors classes that Whittell offers. Nina plans on attending Georgia Tech or Johns Hopkins and majoring in bioengineering. Last summer, Nina attended Operation Catapult at the Rose-Hulman Institute of Technology to further her knowledge.

Nina also has many extra curricular activities; she has been active in the school choir program singing in our Black and White choir for four years and playing the violin in our band program. Nina has shown her leadership abilities by serving in school leadership and in her senior year is serving as senior class treasurer. Along with school leadership, Nina is the Key Club president and has served as National Honor Society co-president. Nina has led the school's Christian Club for the last two years. Nina is also a member of our Student Issues Committee. Nina has been recognized by College Board as a National Hispanic Scholar. Nina has been awarded the Gene Upshaw Award and Harvard Prize Book Award. Nina recently placed first in the Fleet Reserve Association Essay contest for her age group.

Nina has participated in community activities within Key Club and National Honor Society and participated in numerous

community service projects on her own. She has volunteered her time to help at Barton, Kahle, local fundraising events like Relay for Life and Operation Shoebox, and vacation bible school for her church. Between school activities and Nina's numerous community service activities, she does find to time play volleyball, tutor students in math and science and give violin lessons.

Mr. Hynes, Nina's current AP English teacher, believes Nina Jimenez belongs to the "creme de la creme" of students. He continued by saying, "She is focused, intellectually savvy, and strives to do her best in everything she does." Her goals to succeed will be achieved without doubt or wonderment. She is happy, serious, and has a delightful sense of humor. She is a role model for all of us as well. This is why Nina deserves to be called a Woman of Distinction.

Caffeine does not have to be the enemy

By Mandy Kendall

Do you get a "kick out of caffeine" or do you need to "kick the caffeine"?

I've always loved the smell of freshly ground coffee, but hated the taste of it. So I'd never quite understood the "kick" people talk about getting out of coffee until I

recently discovered cafe mocha (coffee mixed with chocolate) and now I get it.



Mandy
Kendall

However, now I'm wondering if I'll end up like a lot of people I know who say they can't function in the morning without a cup of coffee, or some kind of caffeine or need caffeine during the day for a pick-me-up.

We often hear that if we consume too much caffeine, we could become addicted and could find ourselves at risk of associated health problems. A research review in the American Journal of Clinical Nutrition found that caffeine can cause short-term increases in blood pressure and advised that people with high blood should limit their caffeine intake.

Conversely, other studies have shown some benefits to moderate consumption of caffeine rich foods like coffee, tea and dark chocolate, indicating that they can help lower heart disease, diabetes, stroke and cancer due to their disease fighting antioxidant properties.

So how much should we have? Caffeine in excess of 500mg, which is about the amount found in four cups of coffee, has been shown to cause irritability, insomnia, muscle tremors and an irregular heartbeat among other harmful side effects.

The generally recommended limits are 300-400mg per day for adults (the equivalent of three 6 ounce cups of coffee, four cups of tea or six cans of soda). Pregnant women and people with high blood pressure are advised to limit their intake to

150- 00mg per day and children should not consume any more than 50mg per day (one can of soda).

Caffeine for weight loss? Although coffee has no calories and could therefore be considered a weight loss aid, research has not confirmed this. In fact, a high intake of caffeine can lead to increased production of cortisol, the stress hormone, which has been linked to weight gain as well as stress.

Which type of caffeine is best? If you're going to have caffeine, try to choose the natural source found in tea and coffee. The often-dangerous levels of caffeine found in sodas and energy drinks, mixed with high levels of sugar and other ingredients, can possibly interact with prescription drugs and antibiotics decreasing their efficacy as well as leading to other harmful side effects.

Remember there is more caffeine in a cup of brewed coffee than an espresso (which is down to the type of coffee used and how it is made) and just so you know how much caffeine you might be consuming here are some caffeine measurements from the Mayo Clinic:

Dunkin' Doughnuts regular coffee (16 oz.) 206 mg

Starbucks double espresso (2 oz.) 150 mg

Starbucks Frappuccino (average) (9.5 oz) 115 mg

Starbucks vanilla latte (grande) (16 oz) 150 mg

Einstein Bros. regular coffee (16 oz) 300 mg

Starbucks brewed coffee (grande) (16 oz) 320 mg

Starbucks Tazo Chai Tea Latte (16 oz) 100 mg

Snapple regular and diet versions * (16 oz) 42 mg

Coca Cola regular or diet * (12 oz) 54 mg

7-Up regular or diet * (12 oz) 0 mg

Red Bull * (8.3 oz) 80 mg

*Just remember that although these drinks have a lower amount of caffeine in them, they will have lots of other ingredients that are not so good for you.

I'm choosing to enjoy my café mocha, just maybe not everyday.

Until next time!

Mandy Kendall operates Health Connective in South Lake Tahoe. If you have any questions, 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.

Author of 'The Glamour of Being Real' to conduct workshop

Scholar, teacher, and artist Joanna Frueh will conduct a workshop at Sierra Nevada College (999 Tahoe Blvd., David Hall, 3rd floor, Incline Village) on March 2 from 1-3:30pm.



The workshop is limited to 25 people. There is a \$10 fee that includes a copy of the book "The Glamour of Being Real". The book and workshops focus participants on being true to themselves through practices of self-transformation and conscious self-creation.

“The Glamour of Being Real” evolved from Frueh’s work and performances to celebrate beauty and the body and is one of several books authored by the artist. Frueh’s multifaceted focus on those subjects includes research and experience, such as her study of emotions and sensations and of the female body in art and culture and engagement with yoga as a continuing education of soul-and-mind-inseparable-from-body. The book is a sutra, a series of concise, related statements, each one also being a sutra, whose aphoristic nature is intended to make possible memorization by a student.

To register for the workshop, go online. For questions about the workshop or program, contact Logan Lape at llape@sierranevada.edu.