

Lake Tahoe News wins 4 awards for travel writing

Lake Tahoe News on Tuesday received four awards from the North American Travel Journalists Association.

The 2011 NATJA Awards Competition, now in its 20th year, honors the “best of the best” of travel writing, photography and promotion that cover all aspects of the travel industry worldwide.

“This year’s entries were outstanding, both in quality of the journalism, excellence and range of coverage,” Helen Hernandez, CEO of the organization, said in a statement. “The number of entries continues to grow. The creativity is reflective of the vibrancy of the travel journalists’ community. This year’s entry pool is an indicative of the economic recovery and its positive effect on the travel industry.”



Pandas in China earned Lake Tahoe News a first place travel writing award.
Photo/Kathryn Reed

One first place (Gold) winner is chosen in each of the 59

categories along with 2nd (Silver) and 3rd place (Bronze) runners up.

Lake Tahoe News submitted five entries for the online division and won in four of those categories.

The winners are:

- **Eco, Environmental or Special Purpose Travel:**

Gold: Kathryn Reed, Taking a walk on the wild side with panda paradise

- **Sports and Recreation:**

Silver: Susan Wood, Pedaling back in time through the hills of Vermont

- **Resorts:**

Silver: Susan Wood, Woodstock Inn – a landmark for the season and the ages

- **Intergenerational and Family Travel:**

Bronze: Kathryn Reed, South Dakota, a land of family history.

“Being recognized by your peers is always a humbling experience,” *Lake Tahoe News* Publisher Kathryn Reed said. “For *Lake Tahoe News* to do so well in its first competition is extremely gratifying. We know Lake Tahoe is a wonderful place to live, work and play, but we will continue to share with our readers the other magnificent places the world has to offer and hope that you enjoy reading those articles as much as we enjoy bringing them to you.”

The mission of NATJA is to foster high quality journalism by supporting the professional development of its members, providing exceptional benefits and valuable resources, honoring the excellence of journalism throughout the world, and promoting travel and leisure activities to the public at

large.

North Tahoe high jazz band turning back time

Experience the swing and rhythm of the 1940s on Feb. 10 from 7-9:30pm when the North Tahoe High School jazz band takes to Tahoe City's Granlibakken ballroom stage.



The '40s Night brings to life an era when all of America was listening and dancing to the same music: Glenn Miller, Artie Shaw, Benny Goodman and Tommy Dorsey, to name a few.

This homage to "the greatest generation" is also a key fundraiser for the NTHS Jazz Band's goodwill tour in March. Under the direction of Dean Nordby, this band plans to perform at a variety of schools, hospitals and senior centers in San Diego.

Attendees are encouraged to don 1940s garb or at the very least bring a swingin' attitude.

Tickets are \$20 per person and include appetizers and a no host bar. Buy tickets from any NTHS jazz band member or at the door.

For more information, call (530) 581.1669.

Charitable giving on the increase in California

By Edward Ortiz, Sacramento Bee

Californians gave more to nonprofits and charities last year than they did in 2010, according to a recent report by the charitable research company Atlas of Giving.

In California, charitable giving grew by 7.1 percent, the report found. All states experienced growth, with the nation posting an overall 7.5 percent rise from the prior year, the study said. A total of \$346 billion was given nationally in 2011.

In the local charitable community, however, the report is being taken with guarded optimism.

"I would be very surprised if giving was up by that much," said Ruth Blank, executive director of the Sacramento Community Region Foundation, or SCRF. The agency is the largest local overseer of charitable funds established by individuals, families, businesses and organizations.

Blank is taking a wait-and-see approach with the results of the report's findings given that Atlas of Giving, an upstart in the charitable giving research field, is using a new analytics and algorithmic approach to crunching data and forecasting.

Blank believes any significant rise in giving may be the result of donors seeking to help sustain programs that have

lost government funding. “There are a lot of programs that are not supported in public schools anymore, so private dollars are going there,” Blank said.

Moreover, the national increases identified in the report may not be readily reflected in the Sacramento metropolitan area as the region lags behind the nation in giving, Blank said.

Read the whole story

Bookstores’ relevance weens with e-readers

By Julie Bosman, New York Times

In March 2009, an eternity ago in Silicon Valley, a small team of engineers here was in a big hurry to rethink the future of books. Not the paper-and-ink books that have been around since the days of Gutenberg, the ones that the doomsayers proclaim – with glee or dread – will go the way of vinyl records.

No, the engineers were instead fixated on the forces that are upending the way books are published, sold, bought and read: e-books and e-readers. Working in secret, behind an unmarked door in a former bread bakery, they rushed to build a device that might capture the imagination of readers and maybe even save the book industry.

They had six months to do it.

Running this sprint was, of all companies, Barnes & Noble, the giant that helped put so many independent booksellers out of business and that now finds itself locked in the fight of its life. What its engineers dreamed up was the Nook, a relative

e-reader latecomer that has nonetheless become the great e-hope of Barnes & Noble and, in fact, of many in the book business.

Several iterations later, the Nook and, by extension, Barnes & Noble, at times seem the only things standing between traditional book publishers and oblivion.

Inside the great publishing houses – grand names like Macmillan, Penguin and Random House – there is a sense of unease about the long-term fate of Barnes & Noble, the last major bookstore chain standing. First, the megastores squeezed out the small players. (Think of Tom Hanks's Fox & Sons Books to Meg Ryan's Shop Around the Corner in the 1998 comedy, "You've Got Mail".) Then the chains themselves were gobbled up or driven under, as consumers turned to the Web. B. Dalton Bookseller and Crown Books are long gone. Borders collapsed last year.

No one expects Barnes & Noble to disappear overnight. The worry is that it might slowly wither as more readers embrace e-books. What if all those store shelves vanished, and Barnes & Noble became little more than a cafe and a digital connection point? Such fears came to the fore in early January, when the company projected that it would lose even more money this year than Wall Street had expected. Its share price promptly tumbled 17 percent that day.

Read the whole story

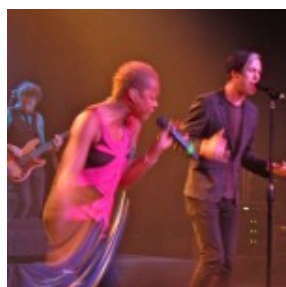
Fitz and the Tantrums keep

music fans on their feet

By Susan Wood

STATELINE – Don't let their name fool you. Fitz and the Tantrums provided a mixed generation of concert-goers who rocked the Harrah's Lake Tahoe South Shore Room Saturday night with an adult-sized performance.

The packed crowd rewarded the high-energy band with hours of screaming, clapping, dancing, partying and encroaching on the stage to get close to the Los Angeles-based band that has captivated many who follow the music scene.



Fitz and the Tantrums had most of the Harrah's Lake Tahoe audience on its feet Jan. 28. Photos/Kathryn Reed

Harrah's cleared a large dance floor next to the stage. Many fans started there on their feet for the opening act of Dale Earnhardt Jr. The alternative, synthesizer-driven singing duo Daniel Zott and Josh Epstein, with their custom painted plaid jackets, could have crossed as retro male Talking Heads or B-52s. Zott led the twosome for its "We Almost Lost Detroit" but rounded out the funk-rock experience with a near Beatle-

like sound and even included Whitney Houston's smash hit "I Want to Dance With Somebody".

That's what warm-up bands are designed to do – get the crowd going. The dance floor soon filled up in anticipation of Fitz.

"Hey, Lake Tahoe – wanna party?" asked 38-year-old lead singer Michael Fitzgerald, aka "Fitz," who told *Lake Tahoe News* in an earlier interview he was named by his childhood friends because "there were too many Michaels in the world."

One thing is abundantly clear – fans have an original in Fitz and the Tantrums. Since the soulful Fitz found an organ on a curb and was consequently discovered by Adam Levine of hit band Maroon 5 the group has not looked back. In three years, they have made a name for themselves well beyond Southern California.

Take the inventive quality of a Phil Spector sound, a pure dance-hall atmosphere, lyrics of the romantically tortured and seductive chemistry between Fitz and co-lead singer Noelle Scaggs, and you have the Tantrums. (Incidentally, albeit a stage act to the contrary, Fitz and Scaggs – who uses a tambourine in conjunction with her towering vocal chords – are not a romantic item.)

With precision and passion, the six-member band consisting of Fitz, Scaggs, saxophonist James King, drummer John Wicks, bassist Joseph Karnes and keyboardist Jeremy Ruzumna cut through all their songs released on its lone album "Pickin Up the Pieces". The song list included the breakthrough tune "Breaking the Chains of Love," lovelorn ballad "Tighter" and chart climber "Money Grabber" as the encore. And yet, the band even added an Annie Lennox top hit "Sweet Dreams" for good measure.

The band ended a near monthlong tour at Harrah's in time to go home to work on another album.

Throughout the save-the-best-for-last concert, the audience was on its feet – a testament to the electric energy on stage. Wicks sometimes pounded the drums as quickly as a camera motor drive. Without missing a beat, King rotated his flute and sax. Fitz stomped his feet to the beat when he wasn't caressing the mic. Multi-tasking, Scaggs exercised her tambourine wrist and vocal chords so intensely, she often dropped the instrument at the end of the songs in apparent exhaustion.

She resumed with a smile and acknowledgement to the fans: "Are your lungs warmed up yet?"

The band only rested long enough for Ruzumna to leave his keyboards for a birthday cake wheeled out on stage.

"I so wanted to put his face in it," Fitz joked.

Fun, frolic and lyrics as a bit of a war of the sexes made up the norm for the show, along with audience participation. Some concert-goers, who were of all ages, crowded the stage when Fitz sat close to the edge on a speaker. One male fan standing up front, who kept reaching for Scaggs, even impressed her when she allowed him to sing into the mic.

"That was awesome," she said, seemingly surprised.

This was the operative word of the high-energy concert from a band that has exuded a perfect mix of soul, independent, Motown and rock-pop rhythms in an uncommonly short period of time for a punishing industry.

To this day, Fitz told *Lake Tahoe News* he's still surprised by the band's cult-like popularity. The band ended the concert with a genuine thank you to the fans, which included taking photos with fans and signing anything put in front of them.

"With the amount of time we've put into this, it seems more like five or six years (have gone by). It's a journey that's felt like the longest marathon any of us ever have gone

through,” he said during the interview.

Fitz labeled the last three years as going “to the moon and back.” The Tantrums have appeared on cooking guru and music lover Rachael Ray’s show, played to thousands in the acoustically-superior Red Rocks Amphitheatre in Boulder, Colo., and shared the stage with Maroon 5.

Maroon 5, the popular, contemporary band that has sold 17 million albums with hits from “She Will Be Loved” to today’s “Moves Like Jagger” – will make a July 21 showing during the weekend of the American Century Championship played at Edgewood Tahoe Golf Course for Harveys Outdoor Summer Concert Series. Tickets go on sale Feb. 24.

Harrah’s fills out the winter season at the South Shore Room with the longtime soul favorite Tower of Power on Feb. 4, rock band Los Lonely Boys Feb. 11, pop singer Kenny Loggins on Feb. 18 and the youthful ensemble of G. Love & Special Sauce on Feb. 25.

ngg_shortcode_0_placeholder (Click on photos to enlarge.)

Lecture about heart health

In honor of National Heart Month and Barton cardiologist David Young’s strong belief in preventative care, he is scheduled to speak at Kahle Community Center on Feb. 1 from 6-7pm.

Young will address cardiovascular risk factors and heart health.

Kahle is located at 236 Kingsbury Grade, Stateline.

For more information on this free lecture, go online.

Attorney who sued IVGID to be guest speaker at college

Aaron Katz, the Lake Tahoe attorney who has sued the Incline Village General Improvement District and repeatedly criticized the district, will be the guest at the next Fireside Chat on Feb. 2 in Sierra Nevada College's Tahoe Center for Environmental Sciences room 139/141.

The chat – hosted by Incline Village resident Andy Whyman – is from 7-9pm.

Katz and his wife have lived in Incline Village since 2007 when he began his research on the history of the Incline Village General Improvement District. It is not his first public lawsuit. Katz has sued a number of public agencies over the past five years, including the Foothill-De Anza Community College District, Mountain View-Whisman School District, El Camino Hospital District, West Valley-Mission Community College District and Campbell Union High School.

Katz alleges the Incline Village General Improvement District has violated state law for years by offering free and discounted services to non-residents and private parties, and it further demands limits be set against the facilities, services and activities the district should be allowed to provide.

For more information on the event, contact Shelia Leijon at

(775) 832.1310 or Debi Noonan at (775) 831.1314.

A change in attitude can change the course of the day

By Mandy Kendall

I don't know about you, but I was struck by a number of emotions when the snow finally started falling. I was excited as I thought of all the wonderful days of skiing ahead, I had that feeling of joy, that snow has always inspired in me ever since I was a child. And I felt relief for all those people who rely on the snow for their livelihood. However, my overriding feeling was one of gratitude, for all the beauty that surrounds us and all that I have to be thankful for.

This, often overlooked, emotion is a very powerful mental state that releases Dopamine in our brains, giving us that "warm fuzzy" feeling and generally affecting our health and wellbeing in a positive way.



Mandy
Kendall

According to the Happy U Life website, research shows that practicing gratitude may be the fastest single pathway to happiness, health, long life, and prosperity. People exercised

more, drank less alcohol and were nicer to be around.

We all have something to be thankful for, even during the darkest of moments. But, like anything we do, if it's not practiced in our daily lives, it is often neglected or even forgotten.

Here are a few *Qwik-e tips* to help make sure that there is a little gratitude in your life every day:

- Write 5-10 things that you are grateful for. Don't stop at 10 if you can think of more. Have them by your bed and read through them last thing at night and/or first thing in the morning. Maybe start a journal and add to your list on a daily or weekly basis. Doing this is scientifically proven to make you feel better.
- Try having a "Today, I'm grateful for..." conversation with family or friends, at dinner perhaps, and talk about the things you are thankful for. It can be incredibly uplifting to tell someone that you are grateful for them being in your life.
- Overwhelmed by things? Take a few moments to refocus on something that you are grateful for; a loved one, those new shoes, your wonderful surroundings. It will help lift your thoughts away from where they might be sinking to.
- Thank someone – with a hug, a smile, a nod. If it's done at the right time and in the right way, they will get the message without you having to say a word. In today's world of emails and texts, a hand written note or a small thoughtful gift (homemade cookies perhaps) is a great way of showing someone how grateful you are.
- Say thank you. Whether you believe in a higher power or not, you might be quite surprised how good it makes you feel to say thank you, even if it's just to yourself. A thank you for that parking space that opened up just at the right time, for that

unexpected call from an old friend, or the accident that was averted just in time. There are usually many times during the day when a heartfelt thank you (to yourself or out loud) is just the thing to help you remember there is a lot to be thankful for.

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.

Arbor Week contests for students, photographers

Two statewide contests are being conducted to celebrate California Arbor Week (March 7-14), a statewide celebration of trees.

These contests are designed to increase awareness of and appreciation for the trees and forests in the communities where Californians live, work and play. Winners will be featured at the State Fair and awarded cash prizes.

Third, fourth, and fifth grade students throughout California are invited to participate in the California Arbor Week Poster Contest. The contest titled Growing Happy Communities is designed to increase the student's knowledge of the important roles of trees and the many benefits they provide to our

communities. In addition to contest rules and entry forms, the contest information packet includes curriculum for three lessons.

Entries are due Feb. 1.

All Californians are invited to participate in the inaugural year of the California Arbor Week Photography Contest. The contest is designed to highlight the broad diversity of tree species, settings, and landscapes throughout our state, in locations urban and rural, large and small. Photographs may be entered in two categories: My Favorite California Tree or Trees Where I Live. Entries are due March 31.

Contest information packets can be downloaded.

Cardiologist joins Barton Health

Cardiologist David Young is Barton Health's latest addition to the South Shore medical team.

Barton Cardiology is one of the latest investments for Barton after bringing in a new sports medicine director from the Mayo Clinic, an audiology expert and expanding patient services.



David Young

While the primary focus is addressing current cardiac patients, Barton would like to develop a cardiovascular center.

Young looks forward to being at the forefront of developing a certified chest pain center to assist in the rapid assessment and treatment of acute coronary syndromes.

“Cardiovascular disease is the number one health problem in our country and does not differ from the population of South Lake Tahoe,” Young said in a press release. “I am a firm believer in easy preventative steps to keep your heart healthy: stop smoking, exercise regularly, have a good diet, maintain a healthy weight and get regular health screenings.”