STHS fight song lyrics may be set to original tune

By Kathryn Reed

Casson Scowcroft is on a quest to have South Tahoe High School have a unique melody for its school song by June's graduation.

The music teacher brought the idea to the school board Feb. 8 in hopes of having the blessing of the five members at a future meeting.

Besides doing away with the fight song and alma mater being played to the tune of Notre Dame's song, Scowcroft would like it to be called a Victory March.

A composer he knows at Azusa Pacific, Kory McMaster, has said he would write the melody for free.

Before coming to the board, Scowcroft said he broached the idea with the principal, athletic director and choral director. They support his efforts.

At the meeting, Scowcroft also acknowledged he should probably contact the alumni association.

"I think the students above all would be excited," Scowcroft said of having an original composition for the school song.

Who's the boss, you or your

gadget?

By Mickey Meece, New York Times

Given the widespread adoption of smartphones, text messaging, video calling and social media, today's professionals mean it when they brag about staying connected to work 24/7.



Technology allowed Karen Riley-Grant, a manager at Levi Strauss in San Francisco, to take care of some business with her New York publicist while she was in labor in the hospital last November. "I had time on my hands," she says, and "full strength on my phone – five bars."

It once enabled Craig Wilson, an executive at Avaya in Toronto, to take his children to a Linkin Park concert and be able to duck out to finish a task for a client in Australia, he says, "without disruption to my family commitment or my work commitment."

And it recently gave Perry Blacher, chief executive of the social investing firm Covestor, a way to participate in a board teleconference while attending a christening celebration at a pub in England.

But all of this amped-up productivity comes with a growing sense of unease. Too often, people find themselves with little time to concentrate and reflect on their work. Or to be truly present with their friends and family.

There's a palpable sense "that home has invaded work and work has invaded home and the boundary is likely never to be restored," says Lee Rainie, director of the Pew Research Center's Internet and American Life Project. "The new gadgetry," he adds, "has really put this issue into much clearer focus."

Read the whole story

Sneaky reasons why the weight isn’t going away

By Norine Dworkin-McDaniel, That’s Fit

You’ve been dieting and dieting for what feels like forever. So why isn’t the weight coming off faster? You may be getting tripped up by one of these all-too-common diet pitfalls. “Sometimes people think they’re doing everything right, but they’re actually doing something wrong,” said Dr. Mehmet Oz, host of “The Dr. Oz Show.” Here, Dr. Oz explains how to avoid these common missteps and get the scale moving in the right direction again.

You rely on “healthy” foods that really aren’t. You’ll find all kinds of foods at the supermarket that seem great for dieting because they’re labeled “fat-free” or “light.” But these items are actually loaded with other ingredients, such as added sugars or sodium, that aren’t particularly diet friendly.

Read the whole story

History: The man behind

Gardner Mountain and Gardnerville

Publisher's note: ***This is reprinted from the November 1973 Lake Tahoe Historical Society newsletter.***

Gardner Mountain was named after Matthew Culbertson Gardner, an early day lumberman of the Tahoe area.



In 1872 Gardner acquired a large timber holding at the south end of Tahoe. His initial operations consisted of felling and splitting fir and cedar close to Tahoe's waters for cordwood and shakes. When the Carson and Tahoe Lumber and Fluming Company and Walter Hobart's Nevada Lumber Company appeared on the Tahoe scene, Gardner secured a major contract from them and soon began large scale logging operations.

Gardner constructed Tahoe's first steampowered standard-gauge railroad. As his operations flourished, he installed a new track, tore it up and reinstalled it over and over again into new sections of uncut forest land to keep up with the Glenbrook Mills demand for lumber. His roundhouse and machine shops were located near the present entrance to Camp Richardson.

After thirteen years in the lumbering business, Gardner found himself financially overextended, and in 1885 he was forced into bankruptcy. His railroad was thus abandoned and his rolling stock sold. "Lucky" Baldwin, who had been eyeing Gardner's holdings for quite some time, is reported to have offered Gardner the sum of $4,000 for all his land.

Gardner evidently agreed to the arrangement, for he soon returned to his ranch in the Carson Valley and eventually had Gardnerville, Nevada named after him.

Soroptimist give $28,000 to South Shore entities

Soroptimist International of South Lake Tahoe handed out a slew of money Wednesday.

The service organization’s annual fall wine tasting is its biggest fundraiser. The group takes the cash and returns it to the community.

On Feb. 9, $28,000 was given out.

The recipients are:

• South Lake Tahoe Police Department and El Dorado County Social Services, $500

• South Tahoe Middle School (6th grade winter outdoor education), $1,200

• Clean Tahoe (Dinner Table Project), $2,000

• South Lake Tahoe Children’s Choral, $1,400

• OPEN, $3,000

• CASA El Dorado, $1,250

• Tahoe Arts Project, $1,000

• Police Activities League, $2,000

• Sugar Pine Foundation, $1,000

• South Lake Tahoe Habitat for Humanity, $500

• South Lake Tahoe Cancer League, $500

- South Lake Tahoe Family Resource Center, $2,000
- Christmas Cheer, $3,000
- Lake Tahoe Bicycle Coalition, $400
- Tahoe Art League, $450
- Tahoe Youth & Family Services (Drug Store Project), $800
- South Lake Tahoe Women’s Center, $4,000
- SISLT (PEMA counseling, Solar Cooker project) $2,100
- Whittell High School (Sober Graduation), $150
- South Tahoe High School (Sober Graduation) $750.

REI supports Tahoe Rim Trail with grant

Tahoe Rim Trail Association has received an $8,000 grant from REI to support volunteerism within the organization.

The TRTA depends on volunteer support to meet the ever increasing demand for sustainable outdoor recreational opportunities in the Lake Tahoe Basin. To meet these demands, the organization recruits, trains and supervises more than 1,000 volunteers each year to build and maintain the world-class 165-mile Tahoe Rim Trail and provide quality educational opportunities through guided hikes and back country camps.

The funds from REI will go directly to support volunteer recruitment, training and retention and allow TRTA to increase the number of youth participating in its Youth Backcountry

Camps from 44 to 68 in 2011.

Organic pet food sales on the rise

By Cyndia Zwahlen, Los Angeles Times

Organic, raw and even gluten-free food choices aren't just for people anymore.

These options are showing up at local pet shops that are looking to distinguish themselves from big-box competitors. After a slowdown in sales of premium-priced food during the recession, independent pet shops said the sector was recovering.

At the Modern Dog, a boutique in a Venice bungalow, co-owner Lance Castro was looking to add two new brands of freeze-dried raw food and premium kibble to the seven he already sells.

"It's done wonders for our business," said Castro, who opened the Abbot Kinney Boulevard store with Guy Miracle five years ago.

The store's popular Sojos dehydrated dog food mix of sweet potatoes, turkey, apples and flax meal, among other ingredients, costs $21.99 for a 2-pound bag, to which water is added to make 10 pounds of food.

Castro said he was looking at sites for a second location where he plans to have a refrigeration unit for fresh and frozen raw-food brands.

Nationwide, annual retail sales of organic and natural pet

food are expected to grow three times as fast as pet food sales overall through 2015, according to an industry report to be released this week by the Packaged Facts market research company.

Read the whole story

Tahoe artist moves studio to winery for the weekend

Lake Tahoe fine artist Reds Regan will be performing a live painting production and displaying his primitive contemporary artwork at m2 Winery during the Wine and Chocolate Weekend in Lodi.

Regan is exhibiting his internationally recognized acrylic paintings at the winery and will be undertaking a live painting production demonstrating his ambidextrous painting style throughout the weekend. He will begin with a blank 10-foot canvas on Saturday and the piece will be nearly complete by Sunday evening.



Reds Regan will be painting in Lodi this

weekend.
Photo/Provided

The event is Feb. 12-13 from 11am-4pm at 1376 East Turner Road, Lodi.

Forty other Lodi appellation wineries will be pairing handcrafted wines with decadent chocolate delights throughout the Wine and Chocolate Weekend.

For more information about Regan's artwork, go online or call (530) 577.5298.

Martin Hollay's life deserves a better book

By Kathryn Reed

I never doubted Martin Hollay's life would be worthy of a book. From the little I know about him, he is someone I could sit with for hours. He is captivating and engaging every time I'm around him.

I wasn't able to make it to his 90th birthday party last fall, where I could have picked up his autobiography. I just got the copy I had ordered last month. I read "I was so Lucky: The Life of Martin Hollay, As Told to Tom McGowan" in two days.



Martin Hollay/2009

It’s the “as told to” part that is so unfortunate. I don’t know McGowan other than from the book that says he’s an investment advisor and this is his first foray into the book world. The men are friends.

I haven’t asked Hollay why he wanted the book published. I could come up with enough good reasons. But I can’t come up with any for having it written the way it was.

And that’s the problem.

As interesting as this Hungarian skier who probably knows as much about Heavenly Mountain Resort and the 1960 Squaw Valley Olympics as anyone alive does, the book falls a bit flat.

If I didn’t know Hollay and much of his story, I would have stopped reading – and the book is only 94 pages. It’s written in Q&A format. This doesn’t work for a book.

Clearly from the book McGowan and Hollay are old friends. That allows McGowan some insight some interviewers wouldn’t have. But not being an interviewer by trade showed because of the lack of follow up questions, the original questions and the flow of the book.

The editor in me wants to know if there are tapes of the interviews, to flush out the holes in the story, to add depth to this human being who is that rare gem of a gentleman, athlete, lady’s man, family man, immigrant, war hero – oh, and one heck of a cross country and downhill skier to this day.

Hollay deserves a more comprehensive book to be written about him.

Yes, I learned some things about Hollay that I didn't know. But the book left me wanting to know more.

Still, for anyone who wants a glimpse into the early days of skiing at Lake Tahoe, especially at Heavenly, this book is worth reading. And for anyone who wants to delve into the human interest aspect of man born in Hungary, who fights in World War II, is a POW, immigrates to the United States with a wife and young daughter, and then becomes an architect of sorts of Heavenly resort, then this is a must read.

Books may be ordered by sending $23 to Tom McGowan, P.O. Box 1489, Zephyr Cove, NV 89448.

History: A glimpse of life on the Celio Ranch

Publisher's note: ***This is reprinted from the October 1973 Lake Tahoe Historical Society newsletter.***

The following letter was read by Vera Broder Silberstein at the September meeting. This letter is a composite of three letters written to Vera from Anna Celio, daughter-in-law of Carlo Celio and wife of George Celio.

Thank you for picking me up and setting me down in a past I seldom recall and had almost forgotten. I was eighty two in July, the day man's foot prints were placed on the moon.



I was married June 2nd, 1909. My honeymoon trip was up that old, old trail awinding into the land of my dreams and over into Hope Valley where the Celio's then had their dairy. The cattle were driven making eight stops before we reached our destination. The lower ranch we rented from George Hanlan at Deer Creek in the Sacramento Valley. The first days drive was to Latrobe, not a long drive but so much had to be done – cows milked, calves fed, breakfast gotten, bed clothes packed, and numerous other articles put n the wagon. One of the articles was this little steam engine used to run the butter churn. This was a busy little engine. It ran the saw that sawed the wood, that made the steam that ran the separator, and that heated the water that washed the vat, separator, buckets, churn, and butter press, scrubbed the dairy floor, also heated the water that washed the clothes, and the bath water. So you it was responsible for cleanliness.

I can't tell you when the churn or the engine were purchased except that they were there when I came, and they had been dairying there five or six years before I came.

From Latrobe our drive would be to Celio's ranch at Nashville. Next day to the Six Mile House, then Riverton, Kyburz, Strawberry, Meyers and then our destination, Hope Valley. I thought it almost hopeless when I looked around a bare cabin, a little old-fashioned wood stove in the center o f a bare room – two large wooden tables, a long bench and a couple of stools, and a couple of small rooms. Off the end of this room were a couple of wooden bunks with straw ticks. Wood rats had had access to the cabin during the winter and on top of all that there were six hungry men to feed for dinner. I did have help and we did manage to heat water, wash the cooking utensils and get a meal. And no matter what I thought of the beds before or afterwards they felt heavenly that night.

Yes, I remember your grandfather well. They used to come down

from his cabin and stop in for a chat. Also your Dad came for awhile during the summer. Neighbors were few in Hope Valley and the days long and lonesome although it was rather pretty back where we were and always green.

We had five milkers and milked 125 cows all by hand – we never used milking machines. We kegged all the butter in brine and hauled it out in the Fall.

In 1917 we moved to Lake Valley and began building the daily there. Charles Celio insisted the house would be two stories, the roof a certain pitch, the floor space a certain dimension, but I could plan the rooms anyway I wished.

I had so many plans, flowers, a small pond with water lilies, a clump of delphinium, and of course Quaking Aspen. I can still see it all quite vividly.

Then my husband, George Celio died in 1919. I left the dairy in 1921. The last year I was there the house grew rather sinister. The youngsters and I were all alone. In the late afternoon when shadows lengthened there was a feeling of something creeping up. In the middle darkness an owls hoot and coyotes howls. The terrible bigness of the night just seemed more than I could take. Besides my middle girl wasn't well and needed a doctors care. I lost her when she was eleven.

Change, change, I guess that is what life is all about. Nothing stays the same but I hate to see that beautiful country change. That is why I never wanted to go back. I want to keep the picture unspoiled in my mind.

For years now I have lived in Avenal. I used to like to garden but arthritis has taken its tole and I have had to give it up. My mind and memory are quite good and I have fought to keep them that way. I have enjoyed your letters. They have made me look back on my younger days – riding horseback over those mountains, fishing those mountain streams, – oh my that couldn't have been me! Why I can hardly move from my

comfortable rocker. I am just a contented 83 year old woman whose younger life was so much different. I do knot know that I have helped you any, but I have gotten some pleasure just reminissing. And now good night.