STHS students' achievements recognized

By Kathryn Reed

STATELINE – The English language does not have enough adjectives to justly describe the five young women who were honored Wednesday by Soroptimist International South Lake Tahoe.

Erika Cook, Hannah Elder, Glory Pillsbury, Diku Sherpa and Kelsey Smith were recognized as Young Women of Distinction for their academic and extra curricular achievements.

All are South Tahoe High School seniors with ambitions that, if fulfilled, are likely to have a lasting impact in whatever community they live in as adults.



Standing, l-r, Diku Sherpa, Hannah Elder, Kelsey Smith; front Erika Cook and Glory Pillsbury.

"I don't know how at such a young age these girls have accomplished so much," Ivone Larson, STHS principal, told the more than 70 people in attendance at Harrah's Lake Tahoe.

She introduced each of the women – all of whom were sitting with at least one family member – giving a synopsis of their achievements that led Soroptimist to single them out.

Larson on Cook: "Erika is not only a fun-loving outstanding student with a 4.5 gpa, she is also actively involved in a multitude of service organizations including being in the S-Club, she is the corresponding secretary in National Honor Society, she is the treasurer of the Key Club, and is the director of Student Affairs for the Associated Student Body. She has volunteered in the Lake Tahoe Marathon, the Pennies for Polio project, and the Multiple Sclerosis Walk. During high school she has received the All State Award for earning straight A's, was nominated to attend People to People conference as well as Camp Ryla, received multiple Golden State Student Awards, is the team captain for soccer, and was most recently selected for the soccer First Team All League by the Sierra coaches."

Larson on Elder: "Hannah participates in ALLY, a tolerance club at STHS, is president of the Friends of the South Tahoe High School Library, makes Baby Book Bags for Barton Hospital newborns through AVID, is a staff member of Bookworks, a nonprofit bookstore which generates funds for the Tahoe Family Resource Center, and is the founder and president of the Book Club at STHS. Notice a merging theme? Hannah has a 4.1 gpa and surprise – her favorite subject is English. She has applied to an interesting variety of colleges and her first choices are Stanford or Berkeley to major in Classical/Ancient Civilization."

Larson on Pillsbury: "Glory has a 4.0 gpa and loves life sciences. She wants to become a nurse practitioner and would love to go to Africa to start her career while helping people in need. She is active in Key Club, and continues to raise funds to sponsor schools in Africa through Schools for Schools and the S Club, and raises funds to fight polio through the National Honor Society. As a Girl Scout since she was 5, Glory

mentors young Girl Scouts by coordinating the activities for the Scouts on the North Shore. She has earned numerous merit badges, her favorite, of course, being the Wilderness Badge, as well as the highly prestigious Silver Award in recognition for her commitment and dedication to Girl Scout service. She has been in ASB Leadership since middle school and continues to serve on the council. She tutors other students through National Honor Society. As a result of her noted leadership, citizenship, and academics, she was sponsored by Rotary Club of South Lake Tahoe to attend Camp Riley, a leadership camp that provided her a life changing experience at the end of her junior year."

Larson on Sherpa: "Diku Sherpa left her family and friends in Nepal to join her father and brothers here in the United States when she was 14 years old. When she arrived in Lake Tahoe, Diku quickly acquired the English language, adding to her already long list of languages including Nepalese, Hindi, Sherpa and Tibetan. Due to inadequate health care providers in her native Nepal, Diku would like to attend Sonoma State University and pursue a career in nursing as she has been inspired by one of her role models, her step mother, Catherine Gaehwiler. Diku's talents and interests vary. In high school, she has played basketball and volleyball and has participated in Generation Green, a group geared toward environmental protection, and the Key Club, which is a member of the Kiwanis International family focused on teaching leadership through serving others. Outside of school, her passion is horseback riding, playing guitar and piano. She has extensive volunteer experience including volunteering for the Lake Tahoe Marathon, participating in and volunteering for the AVID program, setting up the school assembly for Heritage Week, planting trees in the Angora Fire burn area, helping with the Christmas Dinner for Angora Fire Victims, participating in the Mystery Box program with kindergartners, and participating in the Project Learning Tree program."

Larson on Smith: “Kelsey Smith loves to run. Whether running for fun on trails throughout Echo Summit, or working on reaching her goal of running a marathon on all seven continents, many would argue that she doesn’t run, she flies. She has won so many awards that it is hard to name them all. She received the AP Scholar Honor Award; she made the Nevada All-State Academic Team from 2007-2009. She won the Nevada Gatorade Cross Country Runner of the Year in ’08 and ’09, is the Wendy Heisman winner from South Tahoe High School, was the USA Track and Field Junior Olympic All-American for 2005-2007, and in 2008 she won both the 3200m and the 1600m at the Nevada State Track & Field Championships. She is the Nevada State Champion in Cross Country Running, was named the Female Athlete of the Year by the Tahoe Daily Tribune, and is the Runner of the Year for the state of Nevada. Whew! I am out of breath just listing some of the awards Kelsey has earned in her spare time â€“ while maintaining an incredible 4.61 gpa. With her love of math, yes, AP Calculus is her favorite class, combined will all she has already overcome in her life, it is no wonder that she wants to attend Stanford to major in biomedical engineering and become a pediatric surgeon. By helping kids, she will continue to make a difference in the future of our world.”

All of the young women thanked Soroptimist for the honor – some even saying they’d like to be a member of the Tahoe club one day.

Comedian Ken Ober – dead at

52

By Howie Nave

Ken Ober passed away this week. I first heard about it from other comedians on Facebook. The “regularâ€ media ran with the story a couple days after his death on Sunday.

Most people probably know Ober from his MTV show â€œRemote Controlâ€ in the late â€™80s, which also introduced his announcer/second banana Colin Quinn to the nation.

Quinn later went on to appear on NBCâ€™s â€œSaturday Night Liveâ€ and â€œTough Crowdâ€ on Comedy Central.



Ken Ober

Quinn was up here this past summer performing at Harrahâ€™s South Shore Room where we opened up for him.

Ober, 52, would later wind up writing for several popular television sitcoms, but Iâ€™ll remember him always as a stand up with a great wit.

When Ken was up here visiting Tahoe he stayed over at Kent Emmons place on Kingsbury Grade. Emmons would sometimes let us â€œborrowâ€ his house and sports car when he was in Los Angeles working for National Lampoon Radio. I still have the keys, too, even though he no longer lives up here.

While Ober was up here he joined me along with comedians Adam Ferrara and Bonnie McFarlane at The Improv backstage cracking

jokes and just having a good time being spontaneous. I wish he could have stayed a little longer. It was such a fun week.

Ober was also very generous. When I had my comedy golf tournament for Make-A-Wish, Ober was one of the first individuals to donate items from his MTV show along with some cool stuff for the silent auction we had in conjunction with the tournament.

Later he sent me this classic Beavis and Butthead jersey with a note saying that when my hair stood up it reminded him of Butthead. I wear it on stage over at The Improv and for those special retro events.

Ober loved Lake Tahoe and wanted to get back out again when he had some hang time, which would have been as Butthead might say, â€œCoooool.â€ But unfortunately that will never happen.

I went to his Facebook page today and the memories started flooding back with all the nice things that others had to say about him.

Howie Nave is host of the Improv at Harveys at Stateline.

Big Bad Voodoo Daddy roars into Tahoe

Perennial Harrahâ€™s Lake Tahoe favorite, Big Bad Voodoo Daddy brings high-energy, neo-swing to the South Shore Room on Nov. 21.

Mixing 20 years of hits, holiday classics and great music from their new CD “How Big Can You Get? â€“ A Tribute to Cab Calloway”, BBVD is a cinch to blow the doors off the venerable

showroom.

The foundation of Big Bad Voodoo Daddy was built by singer/songwriter Scotty Morris in 1989 in Ventura. Morris and his surfer buddy, drummer Kurt Sodergren, both loved swing music and the â€œbig bandâ€ sound. They recruited string bassist Dirk Shumaker and baritone saxophonist Andy Rowley, and immediately began performing in bars and nightclubs along the California coast. They quickly became key players in the rousing revival of swing music.

Over time, the band evolved into the current seven-piece lineup which also features Glen â€œThe Kidâ€ Marhevka on trumpet, Karl Hunter on tenor sax and Joshua Levy on piano.

Big Bad Voodoo Daddy helped revive big band music for the ’90s. They concentrated on the swinging days of the ’30s, ’40s and ’50s, borrowing some the eraâ€™s â€œcool catâ€ lingo in addition to wing tip shoes, spats, snap-brimmed hats and double-breasted zoot suits. Itâ€™s no surprise that Morrisâ€™ favorite singer is Frank Sinatra.

Officially launched in Los Angeles in 1992, the group quickly built up a following on the local lounge circuit, playing to Gen-Xers enamored with the kitschy charm of the original swing era and their perception of it as â€œcocktail nation.â€ This burgeoning lounge scene was captured in the hit 1996 independent comedy film Swingers, which featured the band and their Hollywood hangout, The Derby.

As 1997 came to a close, the band had already self-released two albums â€“ “Big Bad Voodoo Daddy” and “Whatchu’ Want for Christmas” – which were big hits and led to a major-label contract with Capitol Records. By this time, through tireless self-promotion efforts and touring, the band had developed a reputation as one of the best, most exciting live bands in the country. In February 1998, Capitol released the group’s major-label debut entitled, “Big Bad Voodoo Daddy”, which was not

the same album the group had previously released on their own. “This Beautiful Life”, followed a year later.

Big Bad Voodoo Daddy is one of the few neo-swing bands to boast a gold record and alternative radio hit.

Tickets for Big Bad Voodoo Daddy are $40 plus fees. Show time is 7:30pm. For more information and reservations, call 800.786.8208 or go to www.SouthShoreRoom.com.

Next up, the Mission Mountain Wood Band hit the stage on Nov. 27, followed by the legendary Judy Collins on Nov. 28.

Douglas deputies graduate from academy

Douglas County sheriff’s Deputies David Cadwallader and Bill Coleman graduated from the Nevada Peace Officer Standards and Training (P.O.S.T.) Law Enforcement Academy Nov. 13.

During the academy, law enforcement cadets are instructed in such topics as: Federal, State and Local Laws, Laws of Search and Seizure, Laws of Arrest, Community Oriented Policing, Physical Fitness, Use of Force, Defensive Tactics, Handcuffing and Searching, Interpersonal Communication, Interview and Interrogation, Crime Scene Processing, Domestic Battery Investigation, Report Writing, Dispatch and Radio Procedure, Traffic Enforcement, Traffic Accident Investigation, Emergency Vehicle Operations, First Aid and Lifesaving Procedures, and a host of other law enforcement and public safety topics.

Cadwallader and Coleman have been with DCSO since February 2008. Prior to that, Coleman was a 15-year veteran reserve

officer with DCSO.

Pray for snow at the Ketch

The snow gods will shift their view Wednesday, smiling down upon the Fresh Ketch annual â€œOriginal Pray for Snowâ€ party.

With two floors of party space, the El Jimador Tequila Girls on hand, the return of the famous frozen T-shirt contest, two live bands, a slew of prize and drink specials to be had and the outdoor fire pit on the lakeside patio, the elements will come together to produce another successful snow praying extravaganza – at least that's what the organizers are saying.

The fun begins at 8pm at the South Lake Tahoe restaurant.

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Christmas Cheer hopes donations roll in

Christmas Cheer was started decades ago in South Lake Tahoe to provide a merry Christmas for the less fortunate on the South Shore. It has evolved into a year-round food distribution center for people who are referred to the nonprofit from one of the social service agencies in the area.



Christmas Cheer provides food and clothing to those in need.

However, Christmas is still one of its major events.

Food for a festive holiday and toys for children are part of the mix.

Regular clients of Christmas Cheer and anyone who is signed up by Dec. 3 can partake in the special holiday give-away.

Food will be distributed Dec. 22-23 from 9am-4pm at Christmas Cheer, 285 Eloise Ave., South Lake Tahoe. Toys will be handed out Dec. 21-22 at the American Legion Building, 2478 Highway 50, South Lake Tahoe.

Christmas Cheer accepts donations year-round. With the number of people needing assistance going up and the donations going down, Christmas Cheer has had to cutback its operation from four days a week to two.

To donate, call (530) 542.4934. Goods can be brought by when its open – Tuesdays and Thursdays from 10am-2pm. Christmas Cheer is located at 2085 Eloise Ave., South Lake Tahoe.

To learn more about Christmas Cheer, listen to KTHO FM-96.1/AM-590 (www.kthoradio.com) at 6 tonight.

Man wins women’s poker tourney at Harveys

By Gary Mihoces, USA Today

A 22-year-old male won a “Ladies Poker Championship” over the weekend in Stateline. The winning hand that earned him top prize of $9,932 was a pair of queens.

Greg Sessler, a student at the University of California-Davis, earned his victory Saturday at Harveys Lake Tahoe hotel/casino. The tournament was part of a series of “circuit” events affiliated with the World Series of Poker.

How does a guy win a women’s event?

Read the whole story

Great American Smokeout – Nov. 19

By Margaret Williams

Smoking cigarettes is the No. 1 preventable cause of premature disease and death in the United States, according to the Centers for Disease Control and Prevention.

The Great American Smokeout, which is an annual nationwide celebration on Nov. 19, challenges smokers to give up tobacco

for 24 hours in hopes that they will stop smoking for good.

â€œThe health benefits of quitting smoking are significant,â€ said Christy Kessler, supervising health education coordinator for the El Dorado County Health Services Department. â€œA smoker who quits reduces his or her risk of developing smoking-related heart disease, stroke, cancer and emphysema.â€

An estimated 14 percent of Californians are smokers. According to Kessler, most smokers have thought about quitting at some point in their lives. Taking part in the Great American Smokeout is a good starting point for smokers who want to quit.

Kessler recommends the following techniques for quitting:

* Deep Breathing – Take a few deep breaths by inhaling and exhaling slowly to help the body relax and relieve stress.

* Drink Water – Drink eight glasses of water every day to help rid the body of harmful cigarette toxins.

* Do Something Else – Distract yourself by taking a walk, reading a book or chewing on sugarless gum, cinnamon sticks or a straw.

* Delay – Wait! The urge to smoke will pass within 5-10 minutes and will become weaker over time.

* Discuss – Talk to a friend to get support and encouragement.

Kessler acknowledges that quitting smoking can be challenging, and advises that people who want to quit not give up.

â€œSometimes it may take several tries before you are able to quit smoking for good, but taking that first step is critical,â€ said Kessler.

A number of resources are available to assist people who want

to quit tobacco. The California Smokersâ€™ Helpline, 1-800-NO-BUTTS, offers free over-the-phone counseling and online support at www.californiasmokershelpline.org. The American Cancer Society also has stop smoking resources on their website at www.cancer.org. For additional educational resources please visit the El Dorado County Tobacco Use Prevention Program website at www.edcgov.us/publichealth.

Margaret Williams works for the El Dorado County Health Department.

ZCES Student Council keeping school fun

By Drue Chapman

The following is an update from the first few Student Council meetings at Zephyr Cove Elementary School.

Newly Elected Student Council at ZCES for 2009-10:



Top row L-R: Caroline Krolicki, Jahâ€™nessa Morris, Kate Krolicki and

Drue Chapman. Bottom row L-R: Nick Buchholz, Trent Dingman,Â Anna White and Lacey Robinson.

Kate Krolicki, President

Jahâ€™nessa Morris, Vice President

Drue Chapman, Secretary

Caroline Krolicki, Treasurer

Nick Buchholz, Historian

Lacey Robinson, Artist

Trent Dingman, Representative

Anna White, Representative

October/November Meeting Report:

Red Ribbon week: At Red Ribbon week, we handed out wax lips to every student and said â€œKiss unhealthy choices goodbye.â€ Then on Tuesday, we handed out paw tattoos and asked our classmates to â€œPaw your way to healthy choices.â€ On Wednesday, we handed out bubbles and requested that everyone â€œFloat away on healthy choices.â€

Update:

The Student Council members are working on delivering on their campaign promises such as implementing a suggestion box, annual yearbook, snack schedule changes and green ideas. For

the “Caught in the Act” program, there is a student of the week and class of the month.

Additional Events:

– Crazy Hair Day was on Nov. 7

– Class Door Decorating contest Nov. 20

– Coat Donation program Nov. 17 hosted by the Kiwanis Club

– Sharing Fest Nov. 25 where the whole school will have potluck lunch together

December events

– 4, 5, 6: Festival of Lights

– 7-11: Candy cane sale

– 15,16,17: Giving Tree Wrapping

Contact Jenay Aiksnoras (Miss A.) for more information: jaiksnoras@dcsd.k12.nv.us

Drue Chapman is Student Council secretary at Zephyr Cove Elementary School.

Nevada’s growth at a standstill

By Dennis Myers, News & Review

The notion has been creeping around elite circles for months, though there has been little public discussion of it. And the state demographerâ€”the person who keeps track of noses in

Nevada for the state governmentâ€”has nothing about it on his Web site. But still the talk goes on that Nevada may not be growing anymore, that indeed it may be losing population.

The idea is almost a contradiction in terms. Nevada has always been defined by its growth.

Read the whole story