

# RAOK: Emotional freedom for people and animals

Larry Sabo is today's Random Acts of Kindness winner. He was nominated by a colleague who wanted him to be the recipient of the award because he demonstrated the Act of Kindness. He rescued a pigeon that flew into an office window, calmed it down and then took it to Lake Tahoe Wildlife Care.



Larry is the winner of a 45-minute Emotional Freedom Technique session with Rosemary Manning at Tahoe Health Touch.

Random Acts of Kindness is *Lake Tahoe News'* way to start off the year on a positive note by encouraging kindness. Local businesses are supplying the rewards.

It's free and easy to participate. All you have to do is perform a Random Act of Kindness, witness one or be the recipient of an act. Then tell us about it via a comment at the [bottom of this story](#).

Each day through the month of January someone will be rewarded.

If you haven't been picked, just keep trying. Winners are picked randomly.

For more details about Random Acts of Kindness and the few rules associated with it, check out [this story](#).