

Don't ditch treadmill when weather gets nice

By Sarah Barker, Outside

If you're planning for a race with elevation gains, but live at sea level, a treadmill is a great way to simulate that. Photo: webphotographer/iStock

Seventy and sunny, the snow is finally gone—buh-bye treadmill, right? Not so fast, Bambi. The fast tread to nowhere still has a place in your training schedule. Yes, get out there and enjoy the unpredictable outdoors, but once a week—maybe once every two weeks—let your inner control freak take over and hit the treadmill. Bonus: you'll probably have the gym to yourself.

Elite runner turned coach, Antonio Vega, did the majority of his Minnesota winter training on the treadmill, but doesn't completely ditch the treadmill in nice weather. (How elite? He ran a 2:13 at the 2010 Boston Marathon and won the 2010 U.S. Half Marathon Championship.) Part of the *raison d'être* for the treadmill is that it controls every detail — pace, temperature, incline, precipitation, footing—so it allows you to isolate and work on one specific aspect of your next race.

Read the whole story

Then and now: From ski hill

to paved road



What is now a road was once an actual ski run.
Photo/Stephen Gennerich collection

Carved uphill from historic Bijou Park on Highway 50 in the early 1950s was a man-made ski run. It had rope tows to pull people to the top.



Today Ski Run Boulevard is the main route to Heavenly Mountain Resort. Photo/Bill Kingman

Over the years, more and more of uphill Ski Run gradually was paved.

Approaching the top of the pavement on the right, a Mexican restaurant named The Guitar opened for business in 1961. That building now is a private residence. In the 1970s, Caltrans intended to build a highway from Meyers to Stateline and purchased properties to cross Ski Run Boulevard about where Regina Road is today.

Ski Run Boulevard provided access when Heavenly Valley opened in 1955.

– Bill Kingman

Lake Aloha is no walk on the beach



AJ gets a drink from what appears to be a new lake because of all of the runoff. Photos/Kathryn Reed

By Kathryn Reed

Susie and Heather were the only ones we were supposed to meet along the way. However, there is so much snowmelt that pools of water look like new lakes. This is not an exaggeration.

Water was everywhere. I expected the Glen Alpine Springs area to be a bit flooded, but it wasn't bad. It was as we climbed that we came across these foreign water bodies.

Looming walls of granite appear to be weeping as water seems to stain the light gray rock.

Waterfalls not ordinarily running in the summer look like a spigot has been turned on.



Granite encapsulates the dark blue water of Lake Aloha.

It's an interesting dichotomy. On the one hand there is so much water that it would be hard to know California is in year four of a major drought. On the other hand it was mid-May and runoff should not be so substantive; the moisture should still be in the form of snow. Thus, a clear sign this was no ordinary winter in regards to snowfall or spring because the warm weather has melted the little that did fall.

In several places it's necessary to walk across logs or hop from rock to rock to cross the running water.

U.S. Forest Service crews still need to clear a few blow downs.

It was the second Monday of May that Donna and I made the 12-mile round-trip trek to Lake Aloha. This picturesque lake in Desolation Wilderness should have tons of snow on the trail. Not so. The couple snowfields we traversed across were no big deal.

Really, we shouldn't have been able to be there. It's too early in the season to be on this route without snowshoes. Actually, it's doubtful I would be on it in the winter because Fallen Leaf Lake Road is usually closed and the route has no markers for winter recreationists.



Just below Lake Aloha are flat “lunch” rocks that overlook Heather Lake.

But I learned this is the time to make this ascent. One of the fabulous things about this hike in the early season is the lack of people on the trail. With this being one of the portals to Mount Tallac, there is often a bevy of foot traffic that can make it seem like anything but a wilderness area.

A few backpackers were coming and going. On this particularly windy day I was glad it was a day trip for us. My lone backpacking trip was to Lake Aloha and it was a miserable windy experience.

It was too windy and cold to spend much time at this lake that looks like it is from another world. We were reminded of the time of year by the snow lining the shore on the other side of the lake that then extends to peaks that seem to scratch the sky. Mount Pierce and Pyramid Peak are the most visible from this vantage point.



People are known to swim to the islands of Heather Lake on warm summer days.

This granite basin has only a few trees protruding from the edges of the water. Rock is the dominant feature – including the islands.

I had forgotten how much granite there is on this trek – much more rock than dirt. So much that I was at the vet the next day. I had booties for my former dog for the overnighnter. I was a bad mommy this time and AJ's pads suffered because of it. One paw had to be bandaged.

Starting out at the trailhead we were at 6,560 feet. Lake Aloha is at 8,170 feet.

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Getting there:

From South Lake Tahoe go north on Highway 89. Turn left on Fallen Leaf Lake. Wind around and park at the trailhead. This

is the Glen Alpine Trailhead.

Once on the trail, follow signs for Susie Lake and Lake Aloha.

Opinion: New school money kills old excuses

By Dan Walters, Sacramento Bee

Gov. Jerry Brown's revised 2015-16 budget sharply increases spending on California's 6-plus million elementary and high school students.



Dan Walters

He estimates that local property taxes, state aid and federal funds will raise K-12 spending to \$83 billion, or something north of \$13,000 per pupil. Most of it is devoted to Brown's "Local Control Funding Formula," which provides extra money to school districts with large numbers of poor and/or "English-learner" students.

More than half of our school kids fall into that category and the extra money – in theory, at least – will help close the "achievement gap" between them and their more affluent white

and Asian American classmates.

Coincidentally, as Brown unveiled his education-centric budget, a coalition headed by former U.S. Secretary of State Colin Powell released a report on high school graduation rates, and California didn't fare too well.

Read the whole story

ZCES kids learn about water issues at the lake



Zephyr Cove Elementary School fourth-graders learn from their environment.
Photo/Stella Roper

By Malin Kennedy

The fourth-grade class at Zephyr Cove Elementary School attended a three-hour outdoor lesson that focused on teaching the impact of water quality on Lake Tahoe.

The lesson, directed by the Great Basin Outdoor School, is part of a program at ZCES this year that combines place-based

education with Common Core curriculum.

Even with low lake levels, the research vessel Prophet was able to take the class out to test water clarity, oxygen saturation, and water temperature. Each group tested the clarity of the lake with a Secchi disc and discussed the properties of the scientific process and how the process is used in real work happening on the lake.

After the on-board experiments, the class went ashore to test and demonstrate the effects of pollution, construction and life on the clarity of Lake Tahoe. The children quickly linked the connection between water clarity and a healthy ecosystem.

“It was a great experience. We learned about keeping Lake Tahoe clean on the research vessel the Prophet, and at the beach at Zephyr Cove. Our favorite part was being on the beach and playing Bear, Salmon, Mosquito,” said fourth-graders Jena White and Lilly Dingman.

This lesson on Lake Tahoe created a hands-on experience that combined science, mathematics, geology and sociology.

One lesson on the beach visually demonstrated that very little of the earth’s water is usable to humans and the importance of water conservation.

Snippets about Lake Tahoe



- The U.S. Forest Service Lake Tahoe Basin Management Unit will host the fourth annual Native Species Festival from 10am-4pm on May 30 at the Taylor Creek Visitor Center.

- Here are next week's roadwork reports from Caltrans for El Dorado-Tahoe and Sierra.

- The gate to Powerline Road (the bottom of Corral) opens May 25 and the upper gate all the way to the top of Armstrong Connector opens June 30.

- The 4th annual Kirkwood Mountain Classic Cross Country mountain bike race is July 12. All race proceeds go to TAMBA. It's also part of the Sierra Cup regional championship series and the last chance to qualify for MTB Nationals the following weekend in Mammoth. Online registration opens June 1.

- Comments are being taken on the five alternatives contained in the King Fire Restoration Project draft environmental impact statement. For more info, go online.

Major changes coming to Calif. electricity rates

By Sammy Roth, Desert Sun

How much you pay for electricity could soon depend on when you use it – and Coachella Valley residents could see their summer bills go up substantially.



California electric prices may fluctuate based on peak use. Photo/Peter Craine

The California Public Utilities Commission could soon ask Southern California Edison and other utility companies to start designing “time-of-use” residential electricity rates, to take effect in 2019. The rates would make electricity more expensive when demand is high, and less expensive when demand is low.

Some ratepayer advocates and environmental groups support time-varying rates, which they say would help reduce dependence on climate-altering fossil fuels. But at least one consumer watchdog group is worried the rates would have unintended consequences. For instance, the new rates could make electricity much more expensive during the summer, hitting desert residents hard during the many months of air conditioning season.

Read the whole story

Bill allows for skill in slot

machines

By J.D. Morris, Las Vegas Sun

Gov. Brian Sandoval's office today announced that he signed legislation paving the way for the state gaming industry to introduce skill into slot machines.

Senate Bill 9, first reported by the Sun in February, directs Nevada gaming regulators to adopt rules promoting "innovative, alternative and advanced technology" in casino equipment. And it provides a pathway for a new skill element in slot machines, essentially allowing them to play more like video games.

The idea is that the bill will enable casinos to appeal better to younger customers who are increasingly hesitant to embrace simple, chance-heavy traditional slot machines. The move has been supported by gaming regulators, representatives of casinos and equipment manufacturers and, now, the entire state government.

Read the whole story

LTCC Community Games open to everyone

Lake Tahoe Community College's student-led business club, the Future Business Leaders of Tahoe, is hosting the second annual LTCC Community Games on May 30.

This event-filled day will include a table tennis competition, kickball tournaments, dodgeball tournaments, a silent auction,

raffle, food and drink, and live music.

The purpose of the LTCC Community Games is to raise money for student scholarships, and to build a stronger bond between the college and the South Shore community.

The Community Games begins with a double-elimination, individual player table tennis tournament from 10am-noon; kickball tournament is from noon-4pm, and dodgeball from 1-4pm.

For more information about the LTCC Community Games, to register, or purchase raffle tickets email fbt.ltcc@gmail.com. The event is from 9am-4pm.

Bear caught, tagged near Stateline to be released

By Channele Bessette, Reno Gazette-Journal

After capturing a black bear near Stateline the Nevada Department of Wildlife brought the bear to their Reno offices on Friday. After tranquilizing the bear, NDOW employees processed the bear for ear tags and an inner lip tattoo for future tracking purposes.

The male bear is estimated to be four or five years old and weighs between 400 and 450 pounds. His size is approximately 100 pounds heavier than a typical male black bear of his age. The bear was deemed a potential “conflict bear” after it had wandered into an urban area, meaning that it was a potential threat to humans.

With the warm weather, bears are starting to wake up from

hibernation, and many are wandering too close to human populations.

Read the whole story