

Snow Golf Tournament

Alpine Meadows' annual Snow Golf Tournament will tee off April 21 at 9am at the top of the mountain off the Summit Express chairlift.

This event features the only mountaintop snow golf course around. It's skiing or snowboarding combined with golf.

The nine-hole course starts at the top of the Summit Express chairlift off of Sunspot and weaves its way down the mountain to the bottom of Alpine Bowl chair. Players are provided scorecards, pencils, clubs and tennis balls. All competitors must be wearing skis or a snowboard to navigate from hole to hole, but are allowed to remove one foot to drive, chip and putt.

Registration starts at 9am at the top of the Summit Express chair and is free (with a lift ticket or season pass).

Getting to Know You Pasta Feed

Lake Tahoe Windjammers is having a Getting to Know You Pasta Feed on April 28 at 6pm.

The event is at the Yacht Club Room in Tahoe Keys Marina in South Lake Tahoe.

The vice commodore is making pasta, but guests are asked to bring an appetizer, salad or dessert.

RSVP or for information contact Ernie at

vicecommodorewyc@gmail.com or (775) 771.6869. Anyone interested in sailing is welcome.

Global warming law may be profitable for California

By Paul Rogers, San Jose Mercury News

For the past 10 years, California has struggled with huge budget deficits and wrenching cuts. Suddenly, however, the state is poised to raise billions from an unusual new source: the proceeds from its landmark global warming law.

The windfall could come as soon as this fall, when state officials are set to begin auctioning off pollution credits to oil refineries, power plants and other major polluters as part of a new “cap-and-trade” system.

The amounts are potentially enormous: from \$1 billion to \$3 billion a year in 2012 and 2013, jumping to as high as \$14 billion a year by 2015, according to the nonpartisan state Legislative Analyst’s Office. By comparison, the state’s current budget deficit is \$9 billion.

But like thirsty castaways on an island surrounded by ocean water they can’t drink, Gov. Jerry Brown and state legislators face strict constraints on how they can spend the money. More than 30 years of court rulings and ballot measures – dating to Proposition 13 in 1978 – limit its use, probably only to projects that reduce greenhouse gas emissions.

To add another hurdle, major business groups are preparing lawsuits, arguing that the state cannot collect the money at

all.

Still, Brown and others in the Capitol are cautiously making plans. On Monday, the state's High-Speed Rail Authority slipped into a news release that the money would be used as "a backstop" that could save the struggling bullet-train project.

Advertisement

And in a follow-up interview with this newspaper, Dan Richard, chairman of the rail authority, asserted that a large portion of the money could go to fund high-speed rail.

Read the whole story

South Tahoe sets neighborhood meeting date

South Lake Tahoe officials are coordinating a meeting for the Tahoe Valley, Tahoe Island, Tahoe Keys and Gardner Mountain neighborhoods on April 17 at 5pm at the Tahoe Valley Elementary School multipurpose room.

Neighborhood Service Team help facilitate positive improvements in local neighborhoods.

For more information, call (530) 542.6093 or email tfranklin@cityofslt.us.

Weather cancels travel writing event

This two-day event has been canceled because of the snow:

Suzanne Roberts' reading at Sierra Nevada College on April 13 and the travel writing workshop on April 14.

Reducing hunger is goal of Global Youth Service Day

For the 2012 Global Youth Service Day project, the South Lake Tahoe Youth Commission identified "Hidden Hunger Amongst the Youth of South Lake Tahoe" as the focus.

The group wants to be sure young people do not go hungry during the weekends. During the week, thanks to programs at the schools, young people are able to access a nutritious breakfast and lunch through the school meal program. However, on the weekends, many of these young people families are not able to access some of the resources that are available for nutritious meals.

Commission members, along with the Boys & Girls Club Leaders In Training and the Lake Tahoe Community College's Generation HOPE, is collecting canned, dried and non-perishable items to give out on April 20 at the Boys & Girls Club from 3-6pm.

The group was awarded a grant from Disney's Friends For Change. The \$1,000 will be used to purchase fresh fruit and

veggies to go with the other items.

Clothing for a clothing exchange is also being sought.

To help support the project, or learn more about the South Lake Tahoe Youth Commission, contact Sarah Bowers at the Boys & Girls Club at (530) 542.0838 or sbowers@bgclt.org.

Items may be brought to the Boys & Girls Club at 1100 Lyons Ave., South Lake Tahoe, Monday-Friday from 10am-6pm.

Wine tasting, art auction

The El Dorado County Chamber of Commerce Education Council's annual Wine Tasting/Art Auction is May 4.

Ten Thomas Kinkade framed prints, along with artwork from other area artists, will be auctioned off to the highest bidder.

David Girard Vineyard will be the site of the event. Tickets are \$10 for the event that starts at 6pm.

Many artists who have participated in the past will be participating again. This is an opportunity to not only raise money for the Al Aguiar Memorial Scholarship to support the continuing education of El Dorado County residents, but the Wine Tasting/Art Auction also gives exposure to El Dorado County artists.

The Al Aguiar Memorial Scholarship enables employers in El Dorado County to assist their employees to increase their education and knowledge by allowing the employee to be trained

while working, thus benefiting the employer as well.

Call the El Dorado County Chamber of Commerce at (530) 621.5885 or the El Dorado County Office of Education at (530) 295.2337 for more information on the Al Aguiar Memorial Scholarship or the Wine Tasting/Art Auction.

Meyers Roundtable to convene next week

Meyers Roundtable is having a meeting April 18 from 6-8pm at the Lake Valley fire station on Highway 89.

Meeting agenda includes:

- Presentation of Road Runner Canopy project.
- Government reports, including a report on the Meyers Community Plan update.
- Public forum – discussions are to be no longer than five minutes per issue due to time constraints.

Snow stops school in Truckee; avalanche risk high

Tahoe Truckee Unified schools are calling it a snow day.

All other schools in the Lake Tahoe Basin are open today.

Some area ski resorts are reporting more than a foot of white stuff to greet skiers Friday morning.



Snow never
stops the mail
from being
delivered.

Photo/LTN

More is on the way throughout today. A winter weather advisory remains in effect through 5pm Friday.

For road conditions, click on the state icons on the home page of *Lake Tahoe News*.

The Sierra Avalanche Center is rating today's risk as considerable.

– *Lake Tahoe News staff report*

Bodies need annual spring cleaning

By Mandy Kendall

With the sunshine streaming through the window, highlighting every surface in need of a dusting, coupled with the hangover from a particularly indulgent weekend in Las Vegas, it has become clear that it is the spring-cleaning time of the year again.

Now, when cleaning houses all it really takes is the will, some determination and a bit of elbow grease and the job can be accomplished in a day. (OK, maybe two.)



Mandy
Kendall

However, when it comes to spring cleaning our bodies, you definitely need the will and determination, but the elbow grease and getting the job done in a day or two is possibly not the best way forward. We are exposed to approximately 4,000 toxins each day in our food and from our environment. Most of these are manmade substances that our bodies can't process or don't know what to do with, and they can lead to fatigue, digestive problems, headaches, skin issues and a weakened immune system.

As a defense, our bodies tend to try to store the toxins that enter our bodies in places where they are least likely to do us any harm. Fat stores are one of the most common areas, and

could explain why some areas of fat are so difficult to get rid of, as the body is reluctant to release something from which it has been protecting us. So getting rid of the toxins needs to be a slow steady process, allowing the body to safely eliminate toxic waste substances without harming us in the process.

There are obviously plenty of cleansing programs you can buy, but for a start our bodies would probably just appreciate a rest from some of the clogging stuff we put into it. Imagine a drain that you poured sludge into every day; you probably wouldn't be surprised to see the drain coated, if not blocked, with sludge.

However, if you spent a few days just flushing clear water down the drain, you would probably expect to see a large amount of the sludge had been washed away in that time.

So, working on a similar theory concerning our bodies, here are a few *Qwik-e* (quick and easy) tips for a natural seven-day spring cleaning detox.

Start the day – A hot mug of water with a quarter squeezed lemon and some sliced ginger (with a dash of cayenne if you can take it) will kick start your system and flush out your digestive track (and get things moving if you know what I mean).

Keep it light at first – A fruit based breakfast with some Greek yogurt, or a freshly made smoothie will be a gentle start for your body. The fiber in the fruit helps slow down the sugar absorption nicely, but try and avoid fruit juice, as that will spike your blood sugar too quickly.

Caffeine – Try to do without (or severely restrict) caffeine and alcohol, as they are a strain on your liver, which will be working very hard to help eliminate the toxins. Try herbal teas instead (check they are naturally caffeine free) as these will support the liver in its arduous job. Also juiced fruits

and vegetables (pulp included) are fabulously nutritious and cleansing, so try to have at least one serving a day, on an empty stomach if possible.

Clog or cleanse? – If we were to ask ourselves whether a food is going to clog or cleanse us, I'm pretty sure most of us would instinctively know the right answer. However, general rule of thumb is anything in a packet with more than two ingredients has usually been processed in some way and will not be helpful in our cleansing process. Try and eat foods in their natural, unaltered state, as much as possible, and eat them raw if you can manage it. If raw food is not your favorite, then try to cook it as little as possible by steaming or lightly boiling. Obviously, organic foods, if they are an option, during the cleanse, will help greatly in the process.

Sugar – This, all too frequently added, food, has been labeled as this past century's legal cocaine. The form of sugar that is most added to our food (high fructose corn syrup for example) is highly addictive and incredibly toxic to our bodies, so check labels for any ingredient ending in "ose" and avoid it if at all possible. Natural fruit, in its whole form, can help to stave off any sugar cravings.

Eat the rainbow – Try and aim for 60 percent of your lunch and dinner plate to consist of a variety of vegetables, with as many different natural colors as possible. This will ensure a great variety of nutrients that your body will need to help breakdown the stored toxins.

Curb your carbs – Try and avoid wheat as much as possible as digesting this puts a huge strain on our digestive systems. If you absolutely must have your carbs try some wheat free alternatives like oat cakes, or bread made with rye or spelt flour. Check the labels. Many rye breads are made with wheat flour as well.

Snack attack – When the munchies kick in, try to have some cleansing support foods like vegetable sticks, fruit, nuts or seeds to hand to help avoid those sugary temptations.

Don't have a cow – Animal products are also a huge strain on our systems and are often full of more toxins. Try and replace animal meats (especially processed) and dairy products with fish, eggs, lentils and beans, seeds and nuts (try nut milks instead of dairy milk) to provide you with protein. Greek yogurt is made with sheep or goat's milk and is full of protein and much more easily digested.

Be kind to yourself – You may feel a little different for the first few days as your body adjusts. Keep hydrated and get plenty of sleep to give your body the best chance of making the most of this cleansing time.

Until next time.

Mandy Kendall operates Health Connective in South Lake Tahoe. If you have any questions, would like some advice, or would like to request some Qwik-e tips on any health and wellbeing topic, please 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.