Use mountain biking as a tool for ski conditioning

By Jeremy Benson, Skiing

It seems like just yesterday I was finally putting away the skis for the season, now it’s almost fall and ski season is only a couple of months away. The change in seasons is becoming evident: the shadows are growing longer, nights are getting colder, and leaves are starting to turn. Fall is a great time of year, especially for mountain biking. For me, riding my bike is so much fun, it barely feels like training.

But it is. And here’s why: Endurance exercise like mountain biking is a workout not only for your legs, abs, and arms, but for your heart and lungs as well. Over time, repetition of hard efforts while riding will improve your cardiovascular function. A stronger heart will pump oxygenated blood more efficiently to your muscles, increasing muscular endurance and speeding muscle recovery. Training your heart, lungs, and legs for endurance will make those non-stop runs down the West Face at Squaw, High Rustler at Alta, or Goat at Stowe seem a lot easier.

Read the whole story

Learn about gardening in Lake Tahoe

Overcome the challenges of planting and growing bulb flowers in Lake Tahoe. Local gardener Kathy Campion will discuss the

many types of hardy, spring blooming bulbs available, planting times and techniques, companion plants, and the never-ending battle with bulb eating animals.

The talk is Sept. 27 at 2:30pm at the South Lake Tahoe branch library, 1000 Rufus Allen Blvd.

Class focuses on owners ready to sell business

As part of its Chamber EDucation program, the North Lake Tahoe Chamber of Commerce in partnership with the Sierra Economic Development Corporation is hosting a “Thinking of Selling Your Business” workshop Sept. 14, noon to 1:30pm, at the Tahoe City Public Utility District Boardroom, 221 Fairway Drive, Tahoe City.

Deadline to register is Sept. 9.

This workshop is designed for those thinking of taking the leap and selling their business or perhaps have received an offer they can’t refuse. Attendees will learn about the planning, preparation, communications and execution when selling their business that will lead to a positive, profitable life transition. The presenter is David Frazier, a partner at B2B CFO, the largest financial consulting firm in the country with 184 partners in 39 states. Prior to B2B CFO, Frazier spent more than 25 years in various executive positions in finance and operations at large publicly traded companies.

The cost is $55/person, and participants need to bring their own lunch. To register, call the Sierra Economic Development

Corporation at (530) 823.4703 or email info@sedcorp.biz.

This class will be repeated Oct. 12 in Tahoe Vista at Mourelatos Lakeshore Resort.

9/11: South Tahoe residents fend for themselves in D.C.

Publisher's note: ***This is one in a 12-part series running from Sept. 1-12 about how Lake Tahoe is tied to 9/11.***

By Dennis Cocking

Those of us who are old enough to remember Nov. 22, 1963, have indelibly etched into their memory exactly what they were doing at the precise moment they heard the news of President John F. Kennedy's assassination. For me, it was just as a classroom movie had finished when I was in the sixth grade. As one grows older, other events are added to that list; wedding days, the birth of children, and the passing of loved ones. On Sept. 11, 2001, another memory was added to the list, as it was to all Americans but, a little too close for comfort for me.

Tuesday, Sept. 11, 2001, I was in Washington, D.C., with South Tahoe Public Utility District Director Duane Wallace seeking congressional support and funding for district infrastructure-related projects. We had a 9am meeting with Rep. John Doolittle in the Rayburn House Office Building not far the Capitol building and I had ducked into the Starbuck's in the hotel lobby to grab a cup of coffee for the taxi ride. I glanced up at the television and heard that "a plane had crashed into the World Trade Center," however the news

commentator was speculating that it was likely a private aircraft, as there had been several near misses over the years.



From Sept. 1-12, Lake Tahoe News is looking at 9/11.

As I met Duane in front of the hotel to catch a cab, I mentioned the news report and Duane said he heard the same report as he was leaving his hotel room. Since it sounded like it might well have been a private plane, we began to go over the points we wanted to make with Congressman Doolittle in our upcoming meeting. I also confirmed that I had been able to locate a couple of tickets to the Baltimore Orioles game Wednesday night to see Cal Ripkin play in one of his last home games before he retired, and what a stroke of luck that was. We were scheduled to fly out of Baltimore-Washington International on Sept. 13 and a ball game would be a great way to spend the last evening in the Washington, D.C., area. I had no idea how my plans would change.

As we entered the congressman’s office, all eyes were on CNN as at approximately 8:46am Flight 11 had crashed into the North Tower and, at 9:02am, Flight 175 plowed into the South Tower. It soon became obvious that this was not accidental and America was under attack. Very quickly things became chaotic in the office with alarms beginning to sound throughout the building. Within minutes, U.S. marshals and Capitol police

armed with automatic weapons entered the office and took Congressman Doolittle to a secure location. We were left standing in the office entry with a bunch of staffers all trying to figure out what the next move should be. As the marshals were leaving, we asked, “What about us?” They responded, “You’re on your own, but I would suggest getting out of the building.”

Running down the well-worn granite stairs to the street we heard others talk of one, maybe more, airplanes that were inbound to either the Capitol or the White House. We ran out onto the Capitol Mall and looked back fully expecting a plane to fly into the rotunda of the Capitol. We later learned that the brave folks on Flight 93 gave their lives and prevented that from happening. As we were moving away from the Capitol we heard a large explosion followed by several smaller ones. We would later find out the large explosion was Flight 77 slamming into the Pentagon and the smaller explosions were fighter aircraft from Langley Field in Virginia breaking the sound barrier as they began to patrol the skies over Washington, D.C., for any additional inbound aircraft.



Dennis Cocking

Amid a chaotic gridlock of everyone that could leave the town and those who were trying to make their way back to their hotel rooms, we joined the exodus and made our way back to our hotel. As we walked to the hotel, sharpshooters began to emerge on the rooftops of the federal buildings – pretty spooky. Cell phones were useless on the walk back, but I was able to reach my wife, Kathy, when I got back to the hotel on

a landline and let her know that I was all right. It was hard to believe all this had transpired within about 45 minutes.

Like many other Americans, we spent the next six days watching the news and trying to make some sense out of a senseless act. We took a cab to as close as we could get to the Pentagon, and walked the rest of the way to see the damage. It was a sad and depressing sight knowing how many lives had been lost.

We tried a number of different avenues to return home as airline flights were out of the question. We called car rental agencies and Amtrak, all to no avail. We even contemplated renting an RV and heading west. Finally, on Sept. 16, since we had our original return reservations, we were given priority when commercial airline flights finally resumed. Our return flight included more than seven different legs crisscrossing the nation and ultimately taking nearly 18 hours. Seeing the lights of Tahoe when returning from Reno at night is always a welcome sight, but never any better than the return home from this trip.

Dennis Cocking is the public information officer for South Tahoe Public Utility District.

Opinion: Police enforcement reduces accidents in South Lake Tahoe

By Shannon Laney

Over the summer, the South Lake Tahoe Police Department conducted a directed traffic enforcement program targeting

violators in residential neighborhoods. This was a three-pronged program that included the local media, officers targeting specific problem areas, and an avenue for our public to have input into our efforts through email and phone calls.

Since June 14, we have written a total of 181 citations and 266 written warnings citywide. The majority of these traffic stops were within the targeted neighborhoods. In the same time frame we responded to three injury traffic collisions and 11 non-injury traffic collisions.

From June 14, 2010, to Sept. 4, 2010, we wrote 209 citations and 243 warnings citywide. During that time, we responded to 21 injury traffic collisions and 24 non-injury traffic collisions.

That is an 85 percent reduction in injury collisions and a 54 percent reduction in non-injury collisions. There are several factors that can be attributed to the reduction, including a late start to summer weather, tourism and road construction. However, it also shows that directing our efforts toward problem areas along with the help of our local media bringing attention to our efforts and public input has the greatest impact overall.

For the next couple of weeks, we will be shifting gears. One major problem that has been identified is bicyclists. A large part of our injury collisions include bicycle versus car collisions.

Here’s the law:

California Vehicle Code section 21200(a), “Every person riding a bicycle upon a highway has all the rights and is subject to all the provisions applicable to the driver of a vehicle”. In other words, bicyclists must follow the same traffic laws as does the driver of a motor vehicle including stop signs, stop lights, riding on the roadway in the same direction as traffic flows and not ride while under the influence of alcohol or

drugs. Anyone riding a bicycle under the age of 18 must also wear a helmet. The South Lake Tahoe Police Department does have free bicycle helmets for our youth. Just stop by the station and request a youth bicycle helmet.

A bicycle riding at night must also have a white headlight and a red reflector to the rear, California Vehicle Code section 21201(d)(1),(2).

Shannon Laney is the traffic supervisor and sergeant for the South Lake Tahoe Police Department and can be reached at (530) 542.6104 slaney@cityofslt.us.

Lake Tahoe customer of Carson City shooter – 'This came out of nowhere'

By Susan Wood and Kathryn Reed

The gunman in a massive fatal shooting at IHOP in Carson City Tuesday morning who injured seven people and killed five including himself gave no indication to his South Lake Tahoe customers and neighbors of the Mi Pueblo market that he was unstable.

The mood was solemn and one of disbelief Tuesday night as those who knew Eduardo Sencion, 32, of Carson City reflected on the tragic news.

"This is so devastating," said Robin Carlson, who lives behind the store off Pioneer Trail. "This came out of nowhere."



Customers of Eduardo Sencion's at Mi Pueblo are in shock. Photo/LTN

Carlson insisted she had seen no change in Sencion's demeanor lately. Carlson and neighbor Patrick Lauzon had just seen Sencion, and they described him as being "himself." Business has been steady at the store, but nothing would indicate that things were so bad he was about to snap.

She added that Sencion said business went well over the Labor Day weekend.

"He said it was great," Carlson said. "And this store is vital to this community."

A sign on the front door read: "Sorry we are going to be close for today."

Carlson even recalled how Sencion would cover her purchases on occasion.

Monica Morales, who lives around the corner from the small store, grew up with the store over the last dozen years.

"Is this crazy, no?" she said, standing beside her children outside the storefront. "We just saw him (Monday). When I heard this happened, my stomach was sick," she added, while rubbing her stomach.

The scene around the store Tuesday night was quiet, albeit a bit eerie as if something wasn't right with the store being closed and word catching on that such a tragic shooting could have originated with such a fixture of the local community.

History of mental issues

Sencion has had mental issues since at least April 2000. That is when South Lake Tahoe police officers assisted with getting him committed to receive psychiatric care.

South Tahoe Police Chief Brian Uhler told *Lake Tahoe News* the police report is being given to Carson City officers to assist them with their investigation into the Sept. 6 shooting spree at the IHOP in Nevada's state capital. Uhler would not release it to the media.

Officials with El Dorado County Mental Health Department in South Tahoe deferred comments to the Placerville office, which did not return calls Tuesday afternoon.

Sencion with his two brothers own Mi Pueblo market in South Lake Tahoe on Pioneer Trail and one in Stead.

According to the *Reno Gazette-Journal*, Sencion's brother, Gilberto Sencion Gonzalez, 46, said he arrived in South Lake Tahoe from Sacramento Tuesday afternoon to find the market closed.

"I feel very sorry about what happened," Gonzalez told the *RGJ*. "I feel very sorry about those people. I'm trying to find out what happened."

Sencion walked to the back of the IHOP with an AK-47 and then began shooting, according to officials. Carson City Sheriff Kenny Furlong said at a 5pm press conference there is no apparent motive as to why the 32-year-old unloaded his weapon. He has no military background, though two who died were in the National Guard.

Two other guns were found in Sencion’s vehicle.

Chaos in Carson

While South Tahoe was quiet Tuesday, quite the opposite could be said for the scene in Carson City, where the morning started out with traffic stopped on Highway 395 on the south side of town and helicopters and ground ambulances evacuating the injured. The afternoon gave way to a massive display of news teams at a police command post behind the IHOP and the Wells Fargo Bank.



Media swarm the command area behind the Carson City IHOP. Photo/Susan Wood

Nearby businesses were closed and the entire parking lot in front of Kohl’s was cordoned off as a crime scene. The shooting became the talk of the town, with state offices closing and nearby businesses taking a page from their own makeshift emergency manual.

Raley’s in Carson went on lockdown when an employee saw the gunman in the parking lot on a rampage. Shoppers were walking by looking bewildered while others stood with their hands over their mouths dazed in disbelief that such a huge crime could happen so close to home.

A bouquet of flowers was placed at the crime tape as a gesture of sympathy to the crime victims.

Western Nevada College in Carson City was spearheading a candlelight vigil starting at 8:30pm Tuesday at the capitol complex, at the statue of the fallen soldier.

Nevada Discovery Museum becomes a reality with community input

By Jackie Green, Reno Gazette-Journal

Newmont Mining donated a giant tire. NV Energy offered up the technology for the green energy room. Norm Dianda and Q&D Construction worked on the building, donated tools and outfitted the entire exhibit workshop, among other things. Teachers, biologists, lawyers, university professors and others have contributed curriculum, exhibits, ideas and time.

Around every corner at the Terry Lee Wells Nevada Discovery Museum, you'll find a Nevadan's contribution. And it started because one man – a California transplant, really – wanted to spend more time with his kids.

For Chris Riche of Reno, the founder of the Discovery, which opens Saturday, the journey was a continuous line with pivotal moments along the way.

The journey began in 2004 when Riche decided to take a break from a successful career with Intuit and spend time at home with his children, then 3 and 5 years old.

“My kids were growing up, and I was missing it,” he said.

Read the whole story

Tahoe’s clam colonies may not be blooming

By Jeff Delong, Reno Gazette-Journal

When it comes to invading clams, Lake Tahoe might not be a very good place to make babies.

That’s the encouraging conclusion of new research by scientists at the University of Nevada, Reno who found that cold temperatures and lack of food combine to discourage reproduction of Asian clams in the lake.

“This could be good news. It really could be,” said Sudeep Chandra, a UNR researcher specializing in freshwater science.

“The fact is Lake Tahoe has a few things going for it when it comes to this invasive species spreading around,” Chandra said.

Diminished ability to reproduce could mean that efforts to manage clam populations – including killing them by covering clam beds with rubber mats – have a better chance at long-term success, Chandra said.

“The question is at what rate do they grow? If they are outgrowing what you manage, the problem will keep coming back,” Chandra said.

Read the whole story

Workshop for business sellers

As part of its Chamber EDucation program, the North Lake Tahoe Chamber of Commerce in partnership with the Sierra Economic Development Corporation is hosting a “Thinking of Selling Your Business” workshop Sept. 14, noon to 1:30pm, at the Tahoe City Public Utility District Boardroom, 221 Fairway Drive, Tahoe City.

Deadline to register is Sept. 9.

This workshop is designed for those thinking of taking the leap and selling their business or perhaps have received an offer they can’t refuse. Attendees will learn about the planning, preparation, communications and execution when selling their business that will lead to a positive, profitable life transition. The presenter is David Frazier, a partner at B2B CFO, the largest financial consulting firm in the country with 184 partners in 39 states. Prior to B2B CFO, Frazier spent more than 25 years in various executive positions in finance and operations at large publicly traded companies.

The cost is $55/person, and participants need to bring their own lunch. To register, call the Sierra Economic Development Corporation at (530) 823.4703 or email info@sedcorp.biz.

This class will be repeated Oct. 12 in Tahoe Vista at Mourelatos Lakeshore Resort.

‘One for the Road’

Alpine Meadows Ski Resort base lodge will host the California premiere of the Teton Gravity Research 2011 ski film “One for the Road” on Sept.23.

Doors open at 7pm, where guests can enjoy pre-show beverages at the Last Chair Bar leading up to the 8pm show.

“One for the Road” presents in HD quality the world’s most renowned and accomplished athletes who continue to challenge the definition of what is humanly possible on skis. Skiers including Sage Cattabriga-Alosa, Grete Eliassen, Dash Longe, Rachel Burks, Daron Rahlves, and many more are celebrated on the big screen while experiencing the ultimate ski road trip – immersing themselves into the culture of Japan’s powder Mecca of Hokkaido; discovering Iceland’s urban side; exploring the Balkan wonders of Macedonia and Montenegro; uncovering first descents in Pemberton, British Columbia; and hitting full-throttle lines in the perfect snow and weather of Juneau, Alaska.

Show tickets are $10.