‘Clean Start’ author in Reno

Best-selling author Terry Walters, whose bestselling first book “Clean Food” fueled a nationwide “clean” movement, will teach Reno how simple and uncomplicated it is to eat cleaner and add more whole foods to their lives.

Her new book “Clean Start” (Sterling Epicure, November 2010) is designed to be an all-you’ll-ever-need guide for a healthy and sustainable approach to eating and living well.

She will be at Whole Foods in Reno on Nov. 12 at 7pm.

Walters believes “clean food” is whole, minimally processed and close to the source for maximum nutrition. “Clean Start” features easy guidelines and recipes for getting the most nutritional value and taste, while minimizing waste.

Convinced ‘Conviction’ is the real deal



Conviction

Rated R

4 bagels out of 5

By Howie Nave

When I look back on this year in movies (my Best of/Worst of comes out in late December) I know already that some of my favs were based on true stories or were bio pics. Maybe because true life trumps fiction or you know the characters are real people. It’s amazing the human spirit can overcome practically any adversity.

Hilary Swank has starred in real life based movies such as “Amelia,“ ”Million Dollar Baby,” “Iron Jawed Angels,” “Boys Don’t Cry,” “Cries Unheard: The Donna Yaklich Story” and now “Conviction” where Swank again turns in a powerful performance. It’s a little predictable knowing the eventual outcome, but like most things, the journey is usually the best part.

Swank virtually channels Betty Anne Waters, a high school dropout from Ayer, Mass., who grew up in a series of foster homes with no stability other than that of her older brother, Kenny, (played convincingly by Sam Rockwell). Her only semblance of family life is her brother, so when he’s convicted of a 1983 murder Betty sets out on a journey to do anything to prove him innocent. She believes that he’s been wrongfully accused of murder. It doesn’t help that a few corrupt individuals bent on making sure he never sees the light of day divvy small-town justice out. Without giving too much away, the murder victim was responsible in part for Kenny’s predicament in life so it seemed only natural that Kenny would be the prime suspect.



Hilary Swank and Sam Rockwell in "Conviction".

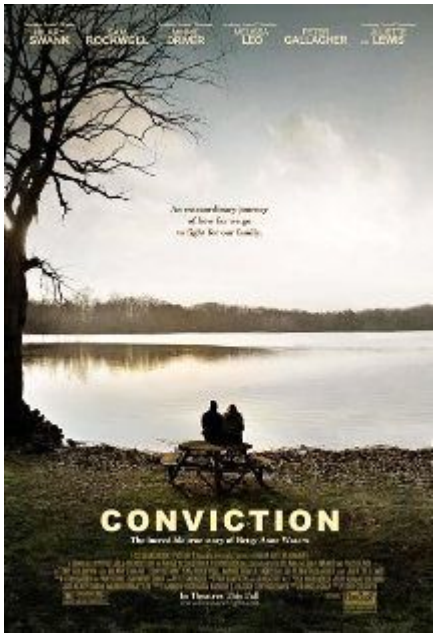
It’s ironic that Betty’s drive to lift herself out of her predicament happens when her brother is incarcerated and her journey starts from getting her GED to eventually getting through law school where she meets her best friend and colleague Abra Rice (Minnie Driver) that things start to rev up in a dramatic fashion. Another driving force during this time is the introduction of attorney Barry Scheck (Peter Gallagher).

The timing looking back is incredible, and had DNA not found its way into the national spotlight, things would have been dramatically different. Rockwell captures the troubled personality Kenny; revealing his hotheaded attitude that only strengthens the case for the prosecution. He’s no angel. That’s evident by crooked Officer Nancy Taylor (played by Melissa Leo) bent on putting him away.

There‘s a lot of white trash here and it’s hard at times not to pigeonhole people, even Betty. But outward appearances can be deceiving and soon you find yourself believing you can’t just judge everyone by one broad stroke. Swank’s passion in her character is Oscar worthy and she stops at nothing and lets no one misdirect here even when the roadblocks placed in front of her at times are insurmountable.

The cast of “Conviction” is outstanding and you know you’re watching a good movie when you forget that the actors are

playing real people; some you loathe and have to step back emotionally knowing that they are just acting. Case in point: Juliette Lewis as a low life, sub-human who is just evil and you want to just yell obscenities at her on the screen but then that wouldn't be a good thing to do now would it?



I walked away from this movie wondering why can't we have more lawyers like Betty? Granted she became one with only one purpose in mind, but to know you're right and can't be denied is pretty powerful stuff. Director Tony Goldwyn uses his cast wisely balancing the emotions created and building the tension to the point of boiling over and then slowly pulling back to let a few cooler minds prevail and in the process taking us along for the ride that is well worth the price.

"Conviction" is rated R for language and some violent images and clocks in at 1 hour and 45 minutes.

Howie Nave is host/emcee/manager of The Improv at Harveys. You can hear him Monday-Friday 6 to 10am on KRLT FM-93.9.

Tahoe Maritime Museum becomes haunted

Tahoe Maritime Museum becomes a haunted museum Oct. 30 from 2-4pm. Costumes encouraged.

Dress up the family to celebrate Halloween at the Haunted

Museum. Hear the tales of Tahoe, make crafts, play games and win treats.

Free for children under 12 and museum members. Museum admission is $5 for adults.

The museum is at 5205 West Lake Blvd. in Homewood.

Tahoe Adventure Film Festival

The annual Tahoe Adventure Film Festival offers gnarly footage from BASE jumping, skiing, downhill mountain biking, rock climbing, kayaking, surfing, deep water soloing. All risk – no gear, no ropes, climbing rocks over water describes the fast paced, high energy that premieres Dec. 11 at MontBleu in Stateline.

Doors open at 6:30pm, show starts at 7:30pm.

Click here for more info.

Cloud seeding money comes through for region

By Jeff Delong, Reno Gazette-Journal

Cloud seeding operations within the Lake Tahoe and Truckee River Basin can proceed this winter following action today by the Truckee Meadows Water Authority.

TMWA's board of directors approved $155,000 to go toward cloud seeding in the Tahoe-Truckee area. The action follows an earlier action by the Western Regional Water Commission to provide up to $100,000 for cloud seeding during the winter of 2010-2011.

The money will allow the Desert Research Institute to run five cloud seeding generators in the mountains west of Tahoe.

Read the whole story

Clear Lake officials use Tahoe as model to work on water issues

By Elizabeth Larson, Lake County News

LAKEPORT – What to do about managing Clear Lake's algae and weeds brought together local and federal officials for an informal Friday workshop.

The meeting took place Friday morning in the Board of Supervisors chambers in the Lake County Courthouse in Lakeport.

Those sitting around the table included Congressman Mike Thompson and his district representative Brad Onorato, U.S. Army Corps of Engineers Civil Works Program Chief Brandon Muncy and Col. Bill Leady, County Administrative Officer Kelly Cox, Supervisors Denise Rushing and Jeff Smith, county Water Resources Director Scott De Leon and his water engineer Tom Smythe, Lake County Chamber of Commerce Chief Executive Officer Melissa Fulton, Dr. Greg Giusti of the University of

California Cooperative Extension, Dr. Harry Lyons of Yuba College, Lakeport City Council member Suzanne Lyons, Lakeport City Manager Margaret Silveira, local businesswoman Kathy Fowler and Clearlake Keys resident Dennis Locke.

Cox told the group that the increase in algae issues in recent years – and the accompanying bad press about it – has had devastating effects on the county's economy.

Dr. Harry Lyons noted that the lake has now gone into its "winter regime" due to changes in nutrients, sunlight and weather.

"The system is nonlinear," he said.

He added, "That should leave us optimistic because the more we do the more, in essence, the algae can respond to it."

Read the whole story

South Tahoe parking meeting

Parking meeting in South Lake Tahoe.

Click parking for more info.

Bijou Battle Skate Jam

The Heavenly Snowboard Foundation is hosting the Bijou Battle Skate Jam Oct. 23 at the Bijou Skate Park in South Lake Tahoe.

This event is a family event and all ages are welcome to register and participate. The event is a fundraiser for the Heavenly Snowboard Foundation, a nonprofit that helps youth in the community experience snowboarding.

Registration will begin at 8:30am with a rider's meeting at 10:30am and event kick-off at 11am. Helmets are required.

Cost is $10 and includes an event T-shirt (supplies are limited). The competition will be a jam format, with each division allotted 10 minutes, only 10 riders will be allowed per session. Three judges will be judging on overall impression, trick difficulty, landings and style.

Males and females will compete together. Divisions are: 9 and under, 10-13, 14-17, and 18 and over.

Prizes will be given to the top finishers in each division and include skate decks, trucks, wheels, backpacks, and tons of other donated items.

The Bijou Battle will feature a tent village with vendor tents from the Heavenly Snowboard Foundation, U.S.A.S.A., Shoreline, the Heavenly TPC and others. There will also be a bake sale, food vendors and a raffle.

If you have questions, contact Aimi Xistra-Rich at (530) 314.9285 or heavenlyssf@yahoo.com.

Tahoe basin sky likely to be smoky Thursday

U.S. Forest Service fuels management crews plan to conduct prescribed fire operations on Lake Tahoe's West Shore in the

Ward Canyon, Blackwood Canyon and McKinney Creek areas beginning Oct. 21 and continuing through early next week.

This and other prescribed fire projects are designed to reduce wildfire risks to communities and critical resources.

The size of the project could total 300 acres if weather and fuels conditions permit. Because of the project size, Lake Tahoe residents and visitors can expect to see a significant amount of smoke rising from the project area.

Forest Service prescribed fire managers expect good dispersion of smoke based on predicted weather. Smoke management is part of every prescribed fire burn plan, and efforts will be taken to reduce actual or potential smoke impacts on community areas.

Bring out the Barrel at El Dorado wineries

Bring out the Barrel

What: Be among the first to discover the nuances of a new vintage by joining El Dorado’s award winning winemakers in their cellars for a weekend of barrel tasting. Wine lovers of all levels will get a special preview of extraordinary vintages, as well as the opportunity to learn more from local vintners.

More than 20 El Dorado wineries are offering samples straight from the barrel. The weekend features sales on wine futures, light food pairings, demonstrations and other activities.

When: 11am–5pm, Jan. 29-30

Where: A self-guided tour of more than 20 wineries throughout the El Dorado foothills – just an hour from Sacramento or South Lake Tahoe, and about two hours from the Bay Area.

Details on participating wineries, and a printer-friendly map is at www.ElDoradoWines.org.

Tickets: Weekend pass is $20 at www.ElDoradoWines.org in advance; $25 thereafter.

Four-pack: Buy four tickets for the price of three. Sunday only: $15 advance; $20 thereafter.

Designated drivers: $5.