Mix of entertainment on tap at Valhalla for August

Get ready for jazz, Celtic, mystery, comedy, bluegrass, percussion and more at the Lake Tahoe Valhalla Arts, Music and Theatre Festival.

Some of acts are below:

New World Jazz Project, a contemporary sound with the saxophone of Niall McGuinness and soul, Latin, and Afro-jazz music, appears at the Boathouse Theatre Aug. 4 at 7:30pm. A murder mystery dinner will be Aug. 5. The Tahoe Improv Players return Aug. 10.



The Gatsby Festival is an annual event at Valhalla. Photo/Provided

The Gatsby Festival, artists in residence, Bare Bones Open Mic, wine tasting before events, Jim Stamates photo exhibit and a slew of other events are on tap for August.

For a complete schedule for the annual South Shore festival, click here or call (530) 541.4975.

GM named for Heavenly; Vail sends Carrig to Colorado

By Mark Harden, Denver Business Journal

Vail Resorts Inc. said Thursday it is shuffling its mountain-resort leadership.

The moves are part of a reorganization of the management of Vail Resorts' Mountain Division, which oversees Colorado ski areas Breckenridge, Vail, Beaver Creek and Keystone as well as Heavenly Mountain at Lake Tahoe on the California-Nevada line.



Pete Sonntag will be the general manager at Heavenly.

Among the changes announced by the Broomfield-based company (NYSE: MTN):

• Keystone Resort COO Doug Lovell has been named VP and COO of Beaver Creek and will report to Mountain Division Co-President John Garnsey.

• John Buhler, director of skier services for Breckenridge,

has been promoted to VP and GM of Keystone and will report to Mountain Division Co-President Blaise Carrig.

• Vail Ski & Snowboard School Director Pete Sonntag has been promoted to VP and GM of Heavenly and also will report to Carrig.

Read the whole story

La Nina may bring dry conditions to California

By Mark Grossi, McClatchy Newspapers

FRESNO – Don’t let the running rivers and rising reservoirs fool you. The break in California’s three-year drought might not last.

The global weather phenomenon La Nina has begun cooling down the Pacific Ocean, which means drier times may be ahead for major parts of California.

The effects of La Nina aren’t felt until the rainy season in California. But in May and June, a harbinger appeared as ocean temperatures dropped as suddenly as anyone could remember.

Based on past patterns and statistics, scientists see a clear shift toward drier weather for Southern California and possibly the Sierra Nevada in Central California.

Read the whole story

Cycling, running assessments help keep athletes healthy

By Kathryn Reed

Flexibility – good. Hamstring strength – not so good. Seat – broken and didn't know it. Pedal efficiency – could be greatly enhanced by losing the toe cages and getting clip-in pedals.

Riding a bike has gone high-tech. Beyond what the two-wheelers are made of, the specialties for road-mountain-tri, and all that lycra, some riders have cycling power meters on the handlebars. The handlebar area in bike lingo is known as the cockpit.



Beyond degress in kinesiology and physical therapy, Jason Collin has training in bike fitting just for people in health care. Photos/Kathryn Reed

And now cyclists in the greater Lake Tahoe area can be professionally fitted to whatever kind of bike they pedal. Jason Collin has been fitting people to their bikes for several years, but it was just last month that the physical therapist working out of Tahoe Fracture & Orthopedic Medical Clinic in South Lake Tahoe started offering the service in Tahoe.

Biomechanical expertise and knowledge about anatomy are the things Collin brings to an adjustment session that a bike shop usually doesn't have. He also takes about two hours to do the whole assessment – time the bike shop doesn't give. Barton Health charges $199 – a much higher fee than a bike shop.

My mountain bike was bought sometime in the early '90s when I lived in Las Vegas. I road it around the parking lot, liked it and bought it. The shop may have adjusted the seat. That was it.

My road bike is a few years old. My girlfriend who likes to ride bought it for me so I wouldn't be so whiney on my mountain bike while she cruised ahead of me. I never liked the person who assembled it in South Lake Tahoe. Maybe his less than friendly demeanor is why he is out of business.

I had heard a bit about Barton's Pro Bike Fit and Runner's Program, but wanted to know more. I was skeptical about how paying nearly $200 for the bike fit or the $150 for the running program could be worth it. Then I let my cynical reporter's brain be taken over by my health conscious massage therapist brain and thought, hmmm, just give it a try.

I know proper equipment is key to preventing injury and enhanced performance. (Stronger hamstrings and not so tight hips would help, too, Collin pointed out.) I don't have a laser to look at my biomechanics. I can't take measurements while I'm on a bike. I don't have mini-jacks to balance my pedal on while the measurements are taken. I don't know a

shaky seat can mean it’s broken and therefore a real hazard. And even if I could get a friend to do all of what I went through on Thursday, neither of us would know what it meant.

Collin knows. And the next closest person to tell you about your bicycle mechanics is at UC Davis.

Barton decided to tap into Collin’s expertise as a way to expand its sports medicine offerings as well as expand its destination health care. The same goes for Alan and Caroline Barichievich, two physical therapists, who offer the runners’ assessment at Stateline Medical Center.

The next closest runners’ program is in Carmel.

“It’s for anyone who runs, hikes, or walks. We do a full muscle-skeletal evaluation, including video analysis,” Alan Barichievich said. “A lot of changes can be made by getting in the right shoe.”

Both programs are available to anyone – wherever they live. Insurance is accepted. Sometimes a cycling injury covers the bike assessment. Barichievich said most people he’s seen have a prescription. Knee issues can warrant the type of evaluation the Barichievichs provide.

These programs are geared toward everyone – the novice athlete, the weekend warrior, the competitor. Collin and the Barichievichs know their sports firsthand – not just the medical aspects to the assessments. They know what it’s like to do a tri, ride a century or run an ultra-marathon.

No bike shop is going to have a customer lay on a table to test strength and flexibility. Nor are they going to explain how my ACL is threatened via cycling and skiing when my hamstrings and hips are, um, lacking in muscle.

And they certainly aren’t going to send an email at 11pm with your assessment, pictures of exercises/stretches and a mild

lecture that says, “Please get that seat swapped out soon so I don’t have to see you for rehab after a crash! Bike shoes and clipless pedals will make a world of difference for you, too. Don’t worry, the learning curve is quick!”

For more information on the bike program, call (530) 543.5896 or click here. For runner info, call (775) 589.8953.

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Carson City adds budget cinema

By Reno Gazette-Journal

The former Wallace Theaters in north Carson City will see new theatrical life this weekend with the opening of the discount Carson Stadium Cinemas.

The multiplex opens July 29 with eight second-run titles.

The theaters were last open in 2007, but closed shortly after the new Galaxy Theaters opened south of the Wallace multiplex.

Read the whole story

Report: Pilot error cause of

2009 air tanker crash

By Jeff Delong, Reno Gazette-Journal

Pilot error likely was responsible for the fatal crash of a single-engine air tanker that smashed into rugged terrain while battling a Northern Nevada wildfire last summer, federal investigators said.

Pilot Dave Jamsa's "failure to maintain a stabilized approach prior to the retardant drop and his subsequent failure to release the retardant load" as he attempted to pull out of a dive caused his aircraft to crash, the National Transportation Safety Board said.

Jamsa, a Montana resident under contract to the U.S. Bureau of Land Management, died in the Aug. 20 crash. He was among eight pilots battling the Hoyt Fire about 125 miles northeast of Reno.

Read the whole story

El Dorado County DA clears officer in death of mentally ill woman

By Cynthia Hubert, Sacramento Bee

The El Dorado County District Attorney has found that a Placerville police officer was justified in shooting and killing a mentally ill woman who fled a local hospital in a stolen ambulance in late March.

Linda Carol Clark, 39, of Folsom, died in the driveway of a Placerville home after leading officers on a slow chase through town. Police said she tried to ram officers with the vehicle, prompting them to fatally shoot her. An eyewitness disputed that account.

District Attorney Vern Pierson has not released his office's investigation into the incident. But the dead woman's father, Marty Hansen, met with officials Wednesday and learned that the shooting has been deemed justifiable, he told *The Bee*.

Read the whole story

Nature-music program at Explore Tahoe

Krissi Russell, local author, presents an interactive nature and music program on Aug. 14 at 2pm at Explore Tahoe in South Lake Tahoe.

Learn about hiking safety and etiquette "On the Trail."

Krissi's book will be available for sale following the event.

Gina Stowell, local artist offers face painting designs for all ages. Face painting designs range from $3 to $10 depending on design.

Admission is free.

Explore Tahoe is located in the Heavenly Village at 4114 Lake Tahoe Blvd. at the Stateline Transit Center. For more, information call (530) 542.4637 or click on flyer.

Placer County looking for candidates for slew of positions

Among the 80 local governmental bodies in Placer County, there are approximately 180 seats open in the November election. Currently, 37 potential candidates have filed with the Office of Elections. In most districts, the sole requirements to run for these seats is that the candidate be a registered voter and live in the district.

Despite the ease with which potential candidates can qualify and register to run for office, about half of the candidates run unopposed.

The filing period is until Aug. 6. If an incumbent fails to file, candidate filing for that office extends until Aug. 11.

Interested candidates can get additional information about the various districts by calling (530) 886.5650.

Feds attempting to strip pot farms from public lands

By John Ellis, McClatchy Newspapers

FRESNO – Local law enforcement officials joined their federal counterparts Wednesday to deliver a unified message: marijuana

farming operations in the foothills and mountains of the Sierra Nevada are dangerous to citizens and the environment.

Gil Kerlikowske, director of the White House’s Office of National Drug Control Policy, and Benjamin Wagner, the U.S. attorney for the Eastern District of California, joined local sheriffs Margaret Mims of Fresno County, John Anderson of Madera County and Bill Wittman of Tulare County at a town hall in Clovis to discuss their concerns over marijuana-growing operations on public lands.

“This is industrial scale, and it is happening on property that belongs to you,” Wagner told the audience.

Read the whole story