Unity at the Lake candle lighting

Unity at the Lake 12 Powers Candle Lighting Service â€“ Tahoe Senior Center, 3050 Lake Tahoe Blvd., South Tahoe.

Dec. 24 6:30pm: Caroling with OneVoice and refreshments;

7-8pm is 12 Powers Candle Lighting Service.

This powerful ceremony will honor the 12 spiritual faculties that lie within each of us. We will celebrate the birth of a new and higher consciousness. For more info, call (530) 544.2266 or visit www.unityatthelake.org

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Unity at the Lake Healing Circle

Unity at the Lake Healing Circle â€“ Star Tahoe Building, 2489 Lake Tahoe Blvd., Ste. 27, South Tahoe on Dec. 14 at noon.

Gather together in affirmative prayer to remind ourselves of the Truth of our wholeness. Hands-on healing techniques will be offered for any willing to receive or simply bring your loving and healing energy to share with others. The more people involved, the stronger the healing energy! Love offering. For more info, call (530) 544/2266 or visit www.unityatthelake.org

Heavenly aiming to add lodge, runs, lift in 2010

The U.S. Forest Service is seeking comment on a proposal for capital improvements at Heavenly Mountain Resort, including a lodge at the top of the gondola, new runs and a new lift.

If approved, the resort would implement these projects next summer.

The projects are consistent with the improvements identified in Heavenly's accepted Master Plan Amendment and would be constructed in accordance with the applicable portions of the Construction Erosion Reduction Program outlined in the master plan and the 2007 Environmental Impact Statement, according to the Forest Service.

Heavenly is proposing to build a lodge with approximately 500 indoor seats near the top of the gondola. This would be a single-story building with a simple shed roof providing self-service dining, a small bar, open seating and restrooms. The building would cover 14,750 square feet and have a maximum height of 39 feet. The lodge would also feature a 4,320-foot poured-in-place concrete patio for outdoor dining. Other than a 300-foot delivery spur from the existence maintenance road, no new roads would be needed.

Heavenly plans to situate the lodge in an already disturbed site, minimizing the need to remove trees for construction. To accommodate the new lodge, Heavenly would relocate the Magic Carpet ski school conveyor lift and move the Umbrella Bar from the top of the gondola to Snow Beach on the California side, requiring the pouring of new concrete footings and running

utilities to the site.

The resort is also proposing to replace the Galaxy fix-grip double chairlift with a high-speed detachable lift. The alignment and terminal locations would be the same. Replacing the lift would require widening the lift corridor to a maximum of 33 feet, which would necessitate removing trees.

Four new runs would increase the skiable terrain served by the new lift. The proposal includes installing below-ground snowmaking infrastructure for these new runs, as well as the two existing runs. Temporary ground disturbance would result from installation of snowmaking lines, but these areas would be promptly restabilized and revegetated. The Galaxy runs are located outside the Tahoe Regional Planning Agency's boundary.

A final element of the proposal would implement the Easy Street Run Hazard Reduction prescription on a section of the California Trail. This prescription, named for the trail on which it was initially implemented, would be used to carefully and selectively reduce the height of natural obstacles such as boulders and felled trees, minimizing the amount of snow required to cover the trail. The prescription is designed to remove large obstacles while keeping ground cover intact to avoid additional runoff, sedimentation and erosion. A buffer zone would protect Tahoe draba (a sensitive plant species). This prescription would also apply to the new runs served by the Galaxy lift.

The full proposal is available on the LTBMU website at http://www.fs.fed.us/r5/ltbmu/projects/local/heavenly-capital-projects-2010.shtml.

For more information, contact Matt Dickinson, (530) 543.2769.

Comments should be received by Jan. 15.

Tahoe-Reno runners qualify for National Junior Olympics

Reno Gazette Journal

Several local cross country athletes qualified for nationals after placing in the top 20 of their divisions at the Pacific Association Regional Qualifier on Sunday.

Kelsey Smith from South Tahoe took second in the 17-18-year-old girl’s 5-kilometer run at Rancho San Rafael. She finished in 19 minutes, 33.86 seconds. Reno’s Demerey Kirsch was third in 19:34.62. Carson’s Katherine McFarren was fifth in 19:51.80 and North Valleys’ Rebecca Fisher was eighth in 20:05.43.

Read the whole story

Holiday student concert at MontBleu

The 15th annual MontBleu Holiday Extravaganza is Dec. 15-16 in the MontBleu Showroom at 7pm. Tickets are $8 for adults and $5 for students and seniors, free for those under 5. Tickets are available at the door.

The show consists of 3rd-5th, 6th-8th, and 9th-12th grade choirs, as well as a Faculty/Parent choir.

Lecture on environmental causes of cancer

Join Eric Rost to learn about the environmental causes of cancer. There are known causal agents and correlation studies that show links between chemicals found in air, food and water. Toxins in the environment include pesticides, herbicides, plastics, cleaning products, engine emissions, smoke, radon, etc. By limiting your exposure to these toxins, you can reduce your risk of some types of cancer.

Date: Dec. 2

Time: 5:30-7:30pm. Lecture begins promptly at 6pm.

Cost:$5 donation requested.No-Host Bar.

Location: Assembly Rooms 139 & 141, Tahoe Center for Environmental Sciences, 291 Country Club Drive, Incline Village, Nevada (on the campus of Sierra Nevada College)

Rost will make recommendations on the top 10 things you can do to protect yourself as well as the top 10 foods that prevent cancer.

Examples of preventative measures you can take might include things like washing fruits and vegetables, buying organic, stop microwaving your food in plastic containers, getting rid of those BPA plastic water bottles, using cleaning products without certain chemicals, and following instructions and safety tips to avoid or reduce contact with harmful substances such as pesticides, used engine oil, solvents and other chemicals. Learn more and protect yourself and your family.

Rost, is a physician who works at the Renown Institute for

Cancer in Reno.He is a national leader in TomoTherapy programs and radiation treatment techniques for cancer tumors. Rost has developed a variety of prestigious cancer centers. Most recently, he served with Cancer Hope, a not-for-profit foundation dedicated to individualized cancer care. He is highly regarded in the medical world and frequently lectures on modern radiation techniques.

Lake Tahoe ski report, Dec. 1



Curtis Fong, the Guy from Tahoe, says today will be a repeat of yesterday on the slopes of Lake Tahoe. It’s all about fun and sun. Check out Fong’s ski report for all the details.

Panelists to talk about greening the Tahoe region

Sierra Green Building Association is sponsoring sustainability panels Dec. 9 in South Lake Tahoe and Jan. 7 in Reno.

The first panel will be at Lake Tahoe Community College, Aspen Room, 1 College Drive in South Lake Tahoe from 6-7:15, with doors opening at 5:30pm. The second panel is Jan. 7 in Reno from 4-6pm at the Builder’s Association of Northern Nevada, 5484 Reno Corporate Drive.

South Tahoe: Is South Shore Lake Tahoe Green? (Opportunities

and obstacles) A panel of industry experts will debate trends in renewable energy and sustainability and give a forecast for 2010.

Also to be discussed: What have local businesses and agencies achieved and where does the community fall short in terms of greening the region?

The panel will be moderated by Gantt Miller from Build Tahoe Green. Confirmed panelists include: Leslie Ames – Tahoe Solar Designs, Raejean Fellows – Kirkwood Meadows, Nicoletta Florio – Big George Green Consulting, Carlo Luri – Bently Biofuels, Scott Terrell – Truckee Donner Public Utility District, Tom Wendell – South Lake Sustainability Commission, and Steve Yonker – South Tahoe Chamber of Commerce.

Tahoe boat inspections continue in off season

By Jeff Delong, Reno Gazette-Journal

With winterâ€™s arrival weeks away, few boats are taking to Lake Tahoeâ€™s increasingly frigid waters.

But any that are launched will continue to be inspected for the possible presence of aquatic hitchhikers posing a huge environmental and economic risk to the Sierra lake.

The danger posed by quagga and zebra mussels requires constant vigilance, officials say.

Read the whole story

World AIDS Day validates the disease is still with us



Publisherâ€™s note: *Maxine Alper with the Sierra Foothills AIDS Foundation office in South Lake Tahoe will be on KTHO FM-96.1/AM-590 (www.kthoradio.com) on Saturday at 10am and Monday at 6pm. The closest Worlds AIDS Day event to Lake Tahoe is in Reno tonight from 5-7:30pm at Joe Crowley Student Union at UNR.*

By Jenny Lightfoot

World AIDS Day â€“ which is each Dec. 1 – was created in 1988 to focus global awareness on the pandemic and generate positive action to stop the spread of HIV and eradicate AIDS (Acquired Immune Deficiency Syndrome).

Well more than half a million people have died of AIDS in the United States â€” the equivalent of the entire population of Las Vegas.

Currently, it is estimated that more than a million people are living with HIV/AIDS here in America and about 20 percent of these people are unaware of their infection, posing a high risk of onward transmission. Every year approximately 56,000 Americans are infected with HIV, which means that every 9Â½ minutes someone in the U.S. is infected with HIV.

Alarmingly, 38 percent of people diagnosed with HIV progress to full blown AIDS within a year because they are unaware of their status and donâ€™t receive HIV medications soon enough.

World AIDS Day is an opportunity for us to work together to help reduce the stigma around HIV and to promote HIV testing. There now exists an HIV Rapid Test. This is a simple mouth swab with results available in only 20 minutes. Education (the social vaccine) and testing are crucial to the prevention and transmission of the HIV virus.

Jenny Lightfoot works for the Sierra Foothills AIDS Foundation office in Auburn.