

Emotional Freedom Technique

Emotional Freedom Technique and the Laws of Attraction at Tahoe Wellness Community Center, South Lake. Show up at 5:45 to register, donation only, workbook included. No prior experience with EFT necessary. (530) 541.6565

Barton's Healing Garden open house

Tour Barton Hospital's 5,500-square-foot rehab facility and grand opening of the Healing Garden. www.bartonhealth.org or (530) 543.5656

South Tahoe farmers' market

Farmers' Market at American Legion Hall in South Tahoe.

Free meal in South Tahoe

Free meal for the community provided by Bread & Broth in Grace Hall at St. Theresa Church, 1041 Lyons Ave., South Lake Tahoe.

TOCCATA concert in South Tahoe

TOCCATA presents annual 9/11 concert series St. Theresa Catholic Church in South Lake Tahoe. The program includes the Mendelssohn String Symphony, Bach Brandenburg Concerto #3 and concludes with the Faure Requiem featuring the TOCCATA Chorus. Tickets are at www.activitytickets.com, (775) 313.9697 or at the door.

Free events during annual food and wine fest

The Lake Tahoe Autumn Food and Wine Festival (Sept. 11-13) at the Village at Northstar in Truckee is offering a number of culinary events for free to celebrate September being California Wine Month.

Attendees can peruse the festival's outdoor Gourmet Marketplace and Trade Fair, which will feature epicurean goods and gifts, and the North Lake Tahoe Plein Air Painting event.

Also at no charge, food lovers can learn the secret to Japanese grilling with Chef Lars Kronmark; simple seasonal fall menus with Chef Jason Gronlund, former executive chef for McIlhenny Tabasco Sauce; and hands-on pizza grilling with Chef Lara Ritchie. Tickets for Sunday's Grand Tasting and Culinary Competition are \$75 through Sept. 9 and \$90 thereafter. The

event attracts more than a 1,000 revelers to mingle and socialize over California wines paired with creations of Tahoe's finest chefs at Northstar's Village.

For more information or to purchase tickets, call 888.229.2193 or visit www.tahoefoodandwine.com.

Rabbit Hole at Valhalla

The Rabbit Hole, Valhalla Boathouse in South Lake Tahoe. (530) 541.4975

Interactive art-hike

Truckee: Trails and Vistas is an interactive art-hike with eight performing venues that are positioned at different points along the two-mile single-track trail. Tickets are at trailsandvistas.org.

Tour de Tahoe bike ride

Tour de Tahoe bike ride. www.bikethewest.com

Northstar Tennis Open

Northstar Tennis Open, Lake Tahoe's largest tennis tournament. Events include singles, doubles, open singles, open doubles, mixed doubles, and century doubles (any combination of players adding up to 100 years-of-age). The cost is \$30 for singles, \$40 per team (doubles) and \$34 to \$50 (team) in open class divisions. (530) 562.0321 or www.northstartennis.com