

‘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.

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.](#)

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.

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.

El Dorado wineries celebrate Nevada Day

El Dorado's family-owned wineries will raise a special toast to their Silver State neighbors Oct. 29-31, celebrating Nevada Day with complimentary tastings and special promotions in their tasting rooms.

Silver State residents can take advantage of special

promotions in El Dorado's tasting rooms. And everyone, regardless of residency, is invited to enjoy complimentary wine tasting, food, fun and wine specials.

It's harvest time in El Dorado – a perfect opportunity to get up close and personal with the winemaking experience and the vintners who craft wine from more than 50 grape varieties grown in the region.

For more information and a map of the wine country, visit www.eldoradowines.org.

Tricks for Trainers course

The North Lake Tahoe Chamber of Commerce and the Sierra Human Resources Association are offering Tricks for Trainers: How To Give It So They Get It presentation Nov. 5 from 8am to 12:30pm at the Resort at Squaw Creek, 400 Squaw Creek Road in Olympic Valley.

Attendees will learn how to design and deliver training sessions in a low-pressure and encouraging environment. They'll also take away accelerated learning techniques that are easy to incorporate, which will improve the structure of their next workshop. Give It So They Get It also offers dozens of tips used by professional trainers.

The speakers are Laura Moriarty and Melinda Stearns, founders of the Tahoe Training Partners, seasoned human resources executives, nationally known corporate trainers and frequent presenters of SHRA workshops.

Early bird registration (before Oct. 29) is \$59 for North Lake Tahoe Chamber of Commerce and SHRA members and \$69 for non-

members. Last-minute registration (after Oct. 29) is \$69 for North Lake Tahoe Chamber of Commerce and SHRA members and \$79 for non-members. Seating is limited.

To register and for more information about the workshop, call Moriarty at (530) 573.0224 or North Lake Tahoe Chamber of Commerce Manager Kym Fabel at (530) 581.8764. Attendees may also register online.

Veterans Day

Take a moment to remember today is Veterans Day. It's a day to honor all the men and women who have served in the Armed Forces.

Turn back your clock

Turn back your clock an hour at 2am Nov. 7 to return to standard time.