Anton Mizerak and Micahel Mandrell in Truckee

Mount Shasta keyboardist, harmonica and tabla player Anton Mizerak and Celtic guitarist Michael Mandrell will present an evening of Celtic, world fusion and transformational healing music on March 6 at 7:30pm.

Michael Mandrell is known for his transcendent guitar playing. His latest CD “Notes from Celtistan” has been featured on Public Radio International’s Echoes with host John Diliberto.

Michael Mandrell’s blend of Celtic, Jazz and New Age music demonstrates just what a six and 12 string guitar can do in the hands of a real master.

Anton Mizerak lives in Mount Shasta and writes his music in nature, believing that our organic experience of sun, wind, water, snow and earth, transmitted through music, can be a valuable nurturing and healing experience. Anton plays keyboards and harmonica. His music has been featured on the nationally syndicated music shows “Echoes” and “Soundacapes”. His latest CD series “When Angels Dream”has been a top seller with healers and massage therapists.

Tahoe Yoga and Wellness Center

10770 Donner Pass Road, Truckee

(530) 550.8333

www.tahoeyoga.com/events

Tickets $10 advance; $15 at the door.

Caregiving class in South Tahoe

Caregiving is a difficult and often challenging role that one can undertake, and taking the opportunity to share information and feel connected to others who are providing care is a vital step to perform this task to the best of your ability. Take the opportunity on April 8, 2010 from 5:30-7:30pm at the South Lake Tahoe Senior Center, 3050 Highway 50, South Lake Tahoe to become connected and rejuvenated at your local support group.

Refreshments will be served. Free respite care is available to qualified caregivers. Pre-authorization is required for respite services. Questions? Contact Penny with the Alzheimerâ€™s Association at (530) 541.2304 or the Family Caregiver Support Program at (530) 621.6251 or (530) 621.6151.

Mountain Bike Gravity Tour

The 2010 USA Cycling Professional Mountain Bike Gravity Tour (Pro GRT) is having a five-event series this year, with a stop at Northstar-at-Tahoe June 26-27

The Pro GRT will remain a downhill-only series in four states from April to September. Each stop offers series ranking points to top finishers, and overall individual titles for professional men and women. The series also features an Amateur GRT which, like the Pro GRT, will give expert-level category 1 racers the opportunity to compete against each other for an overall series crown.

For more information on the series, visit www.progrt.com.

2010 USA Cycling Pro Mountain Bike Gravity Tour (Pro GRT)

April 24-25: Northwest Cup, Port Angeles, Wash.

May 22-23: Plattekill Gravity Open, Roxbury Bike Park, N.Y.

June 26-27: Northstar-at-Tahoe, Truckee

July 31-August 1: Trestle Bike Park (Crankworx Colorado), Winterpark, Colo.

Sept. 11-12: Whiteface 5th Annual 5K Downhill – Lake Placid, N.Y.

Full moon snowshoe on West Shore

Full moon snowshoe with California State Parks rangers at the Hellman-Ehrman estate and along Lake Tahoe's West Shore.

A beginner's clinic is at 6:30pm Saturday and March 27, followed by hikes at 7pm both nights.

Cost is $12, free for children 12 and younger.

For reservations, call (530) 525.9920.

'Laramie Project' at LTCC

â€œThe Laramie Projectâ€ is a docu-drama about the 1998 hate-

crime murder of Matthew Shepard, a gay University of Wyoming student who was brutally beaten by two young men, tied to a fence, and left to die.

It will be performed at Lake Tahoe Community Collegeâ€™s Duke Theatre in South Lake Tahoe.

Writer-director MoisÃ©s Kaufman and actors of New Yorkâ€™s Tectonic Theatre Project journeyed to Laramie to interview townspeople about the horrific murder. After 400 hours of interviews, what emerges is an unusual and powerful theater piece focusing on the citizens of Laramie, how they were affected and ultimately changed by this act of brutality within their community.

Mature themes and content â€“ may not be suitable for children under 15.

Special Olympics fundraiser in Incline

Hollywood celebrities and U.S. Olympians will meet up with business leaders and Special Olympics athletes for Celebrity Winterfest in a day of alpine racing at Diamond Peak Ski Resort and a weekend of community activities at Incline Village, Marc 5-7

This is the 14th Special Olympics Celebrity Winterfest, the largest single Special Olympics fundraising event in Northern California and Nevada. Proceeds provide funding for more than 17,000 developmentally disabled athletes across Northern California and Nevada to receive free sports training and competition opportunities throughout the year.

For more information, visit www.CelebrityWinterfest.com.

DeCelle Memorial Lake Tahoe Relay

The 46th annual DeCelle Memorial Lake Tahoe Relay, the oldest distance relay in the United States, is June 12.

The start and finish is in South Lake Tahoe near the Y.

Runners go around the 72-mile lake.

The cost is $320 per team. Proceeds benefit area high school running teams.

April DeCelle Carter, race director, may be contacted at TahoeRelay@gmail.com.

WHS 50th year anniversary party

Fifty Ways to Love Your School is a celebration of Whittell High School’s 50th Anniversary. The spring auction school fundraiser is at MontBleu in Stateline on May 22 at 6pm.

The night will include music, live and silent auctions, wine toss and more.

The cost is $60 per person, which includes dinner.

For more information, go to http://zceswhittell.schoolauction.net/50ways/.

Placer County food sanitation class

Are you in charge of a community event in which food is served? Does your service club, youth group, school or political organization sell food at community events, such as fairs and festivals? If so, you need to be aware of state law governing the sanitation requirements for Temporary Food Facilities – the California Retail Food Code Law or CRFC.

Placer County's Environmental Health Division's Consumer Protection Section will be having a class on temporary food facilities, designed to help event coordinators and sellers keep food safe and comply with the law.

The first class of the 2010 season will be March 4 from 4-6pm at the Placer County Environmental Health Department. The class will take place in the Community Development Resource Center, 3091 County Center Drive in Auburn, in the Cypress room. The class is free.

To receive more information or to make a reservation,Â call (530) 745.2300.

Carson Valley Arts Council fundraiser

Carson Valley Arts Council is hosting a fundraising event March 17 to help support education outreach to the younger members of our community.

This fun evening of food and entertainment will include social hour, buffet dinner, murder mystery presentation, raffle, and silent auction.

Social hour begins at 5pm in the Shannon Ballroom of the Carson Valley Inn in Minden. The cash bar will have the usual fare as well as the eveningâ€™s special â€œgreenâ€ drink; 100 percent of the proceeds from the â€œgreenâ€ drink will go to CVAC.

During the social hour, there will be time to view and bid on silent auction items, all generously donated by local artists and businesses. Those who canâ€™t make up their minds on an empty stomach will be able to place final bids when dinner is over.

Dinner will be from 6-8:30pm with an Irish-themed buffet dinner of lamb and barley soup; green potato salad; pickled herring; green salad; cucumbers in dilly; fresh fruit; entrees of beef and stout beef casserole; braised pork loin with apples and cider; corned beef and cabbage with horseradish sauce; whiskey mustard baked chicken; smoked lamp chop with roasted Guinness glaze; green peas and pearl onions; carrots, cabbage and butter; rosemary potato pancakes; Cullen’s colcannon; and for dessert deep dish apple pie, shamrock cookies, and Irish almond cake.

During dinner, guests will be challenged to help the talented players of the Carson Valley Community Theatre solve A Murder Most Green. This delightful murder mystery will have guests on

the edge of their seats until the murderer is found. In the meantime, everyone is a suspect.

Raffle drawing will take place after dinner and the deadline for final silent auction bids will be 9pm.

Tickets for the evening are $35 for adults and $25 for children 10 and younger. Seating is limited. Tickets are available on the CVAC website at http://www.cvartscouncil.com; by phone at (775) 782.8207; or in person Monday through Saturday, 10am to 5pm at the CVAC office or Heartstrings both of which are located at 1572 Highway 395 in Gardnerville.