

Last 2009 Emotional Freedom Technique class

Learn how to eliminate emotional blocks that get in the way of your good health. Learn how to reduce chronic pain and illness.

Nov. 12 from 6-9pm.

No pre-registration, come 15 minutes early to register; Tahoe Wellness Community Center (next to Hot Gossip in the Bijou CVS/Pharmacy Shopping Center in South Lake Tahoe.

Donation only, includes workbook.

No prior experience with EFT necessary.

Want more information? Contact EFT instructor, Rosemary Manning at: (530) 541.6565 or rosemary52@sbcglobal.net.

LT Historical Society meeting

Lake Tahoe Historical Society's annual fall meeting is Nov. 10, 7pm at Camp Richardson. Dave Borges will speak on the Lincoln Highway ... a marvelous story of 1913 achievement.

Heavenly Foundation ski swap

Heavenly Ski and Snowboard Foundation annual Swap at MontBleu in Stateline.

The moonlight madness pre-sale costs \$5 and is Nov. 20 from 6-11pm; while the swap on Nov. 21 from 10am-5pm is free.

For more information, call (530) 541.7354.

Organic, vegan dinner at LTCC

Lake Tahoe Community College instructor Chef Steve Fernald and the culinary arts students are preparing an organic vegan Thanksgiving themed feast Nov. 20.

This event is sponsored by the Advocates for Wellness, Animal Rights, and the Environment, A.W.A.R.E., a student club.

Special guest Hope Bohanec, Grassroots Campaigns Director, IDA, will be speaking about "Eco-Eating: The Power of Your Plate." This presentation will explore the effects of food choices on the environment: global warming, water use and pollution, energy consumption, deforestation, loss of biodiversity and species, as well as the impact of fishing on the oceans.

Tickets are \$9 in advance and available for purchase at LTCC Student Services, Nov. 4-18 or online at www.ltcc.edu/news.asp. If not sold-out, they will be \$12 at the door.

Dinner will be in the Student Center Cafeteria at 6:30pm, Lake Tahoe Community College, One College Drive, South Lake Tahoe.

Halloween afternoon fun at Horizon

It's time for ghosts and goblins at the first Haunted Horizon Hallow-Kid Fest. Grab your costume and come down to the convention center of the Horizon Casino Resort on Halloween afternoon from 1-5pm, as we gather the ghouls for a fun, old-fashioned, Halloween festival. There will be games, costume contests, tricks and treats, the Haunted Horizon Maze and much more.

Admission is free.

KTHO AM-590/FM 96.1 will be there live.

This is sponsored by Borges Sleigh and Carriage Ride, Lira's Market, Arvco Investments, and Sierra-at-Tahoe. Special thanks to A Company and Rocky Mountain Audio Visual for their decoration contributions.

Mt. Rose appreciation day

Mt. Rose-Ski Tahoe community appreciation day includes a Bavarian-theme beer garden at the Winters Lodge, a snow-building contest, and a dual slalom race.

UC Davis prof lecture on geology

The Tahoe Environmental Research Center hosts UC Davis geology Professor Eldridge Moores, who will give a lecture on our regional landscapes.

California and western Nevada have a long and storied past including plate movements, granitic intrusions, volcanism, and collisions of island arcs and continental fragments with the western US over the past 250 million years. Rocks are historical archives. One can read these archives of Earth history if one knows the language of geology. Major challenges in the 21st century, including climate change, energy, resources, water, and earth hazards, deeply involve geology.

Moores is a distinguished professor emeritus in the UC Davis Geology Department, where he has been a faculty member since 1966. His specialty is Structural Geology and Tectonics. Details: rsPELLman@ucdavis.edu.

Dec. 9, 5:30-7:30pm at Tahoe Center for Environmental Sciences, 291 Country Club Drive, Incline Village(Sierra Nevada College campus)

Cost: Free

Phone: (775) 881-7560

LUNAFEST Film Festival

Girls on the Run Sierras is hosting the LUNAFEST Film Festival at the Village at Squaw Valley on Nov. 14. LUNAFEST is a film

festival featuring award-winning short films by, for, and about women. The film festival begins at 6:30pm and is in conjunction with the annual Women's Wellness Weekend on Nov. 14-15. Tickets are \$49 each and includes appetizers, wine, live auction and film viewings. All proceeds for the event benefit Girls on the Run Sierras and the Breast Cancer Fund. Call (530)587.3769 or go to www.girlsontherunsierras.org for more information.

Head for the Hills Bluegrass

Head for the Hill Bluegrass at Crystal Bay Club on Nov. 5 at 10pm Colorado Bluegrass band "Head for the Hills" performs a free concert at the Crystal Bay Casino's Red Room. 21 and over.

Parenting class

Choices for Children is offering a free workshop "The Early Months: Infant Development and Parenting, birth – 36 months" on Nov. 7 from 9-11:30am. It will be at 1029Takela Drive, Ste. 1, South Lake Tahoe.

Call (530) 541.5848 to reserve a space or for more information.