

Free health clinic in Truckee

A free medical clinic will be at Gateway Urgent Care at 11105 Donner Pass Road in Truckee on July 23 from 8am-noon.

Patients will be seen on a first-come, first-serve basis and receive consultations for all medical issues. X-rays and medications are not included.

Dennis Chez, owner and sole doctor of Gateway Urgent Care, has been practicing medicine in the Tahoe-Truckee region for more than 35 years, making him the longest practicing physician in the region.

For more information about Gateway Urgent Care, call (530) 582.2070.

Farm to Table Dinner

Tahoe City's inaugural Farm to Table Dinner is July 19 from 6-9pm at Commons Beach.

More information is online.

Measure S JPA meeting

The South Lake Tahoe Recreation Facilities Joint Powers Authority will continue its public hearing regarding the possibility of turning the 2000 voter approved Measure S into

Measure R on July 13 at 1pm in the Creekside Room (near the cafeteria) at Lake Tahoe Community College.

Lecture about women's health issues

Allison Steinmetz with Barton Internal Medicine, will talk about women's health issues Oct. 26 from 6:30-7:30pm at Lake Tahoe Community College, 1 College Drive, South Lake Tahoe.

Steinmetz will discuss perimenopause, which is the process of change that leads up to menopause. She also will provide the different remedy options, both natural and hormonal for menopause which is a natural part of growing older for women.

For more information, call (530) 543.5656.

Blood drive on South Shore

Barton Auxiliary blood drive is Oct. 1 from 11am-6pm at the South Lake Tahoe library, 1000 Rufus Allen Blvd.

Call Dan Kerr at (775) 588.2376 for info.

Winemaker dinner benefits Barton Foundation

Capisce in Zephyr Cove is partnering with Dry Creek to host a winemaker's dinner on Aug. 16 starting with cocktails at 5:30pm, then dinner at 6:30pm.

A portion of the proceeds will benefit Barton Foundation's Community Health Endowment.

For more information and reservations, contact Capisce at (775) 580.7500.

Business boot camp

A business boot camp for entrepreneurs and small businesses will be Sept. 27-29 in South Lake Tahoe.

The boot camp is designed to build your business and help you create your business plan.

This three-day course that will cover market analysis, marketing strategies, finances, business law, pitfalls of small business and more.

For information or to register, call (775) 588.1728, ext. 303 or email emily@tahoechamber.org.

LTCC music department fundraiser concert

Lake Tahoe Community College's music department's "Music of the Night" fundraiser concert features music from the Broadway musicals "Phantom of the Opera" and "Jekyll and Hyde" on July 23 in the college's Duke Theatre.

The concert will feature LTCC music instructor Mark D. Williams and friends.

Tickets are \$15 general admission and are available at the door or in advance. Email Williams@ltcc.edu for tickets or information.

The concert starts at 8pm.

Proceeds go toward the music department's purchase of a concert grand piano.

Full moon hike at Sugar Pine Point

Meet the State Park naturalist in front of the Nature Center at Ed Z'berg-Sugar Pine Point State Park for a special full moon hike into the Dolder Nature Preserve portion of the park on July 16 at 8:30pm and Aug. 13 at 8pm.

The 90-minute tour will lead you to the shore of Lake Tahoe for a spectacular sight as the moon shines on the glimmering waters.

The park, which is normally closed to visitors after dark, will unveil itself for this special guided tour. Wear layered clothing and be prepared for our changing Tahoe weather.

Cost is \$10 per person; 12 and under free.

For information, call (530) 583.3074.

Guided dawn kayak excursion

Nothing is more beautiful than the waters of Lake Tahoe by morning light. Join California State Park Rangers and West Shore Sports at Ed Z'berg-Sugar Pine Point State Park for this unique kayak tour as we take a leisurely paddle along the shore line.

Experience the early morning beauty while learning about the natural and cultural history of the area.

No previous experience required.

Kayaks, life vests and instructions are provided. Wear synthetic clothing rather than cotton (swimsuit, shirt, shorts, lightweight pants, jacket and warm cap). Bring water, retainer strap for glasses and water shoes.

Dates are July 19 (arrive at 4:50am) and Aug. 23 (arrive at 5:50am).

Cost is \$25 per person, with an 18-person limit.

Reservations required: (530) 525.9920.

Proceeds benefit the Sierra State Parks Foundation.