Bread & Broth gearing up for Thanksgiving dinner

Bread & Broth’s 23 annual Thanksgiving feast is Nov. 21 from 4-5:30pm for anyone in need.

St. Theresa church is located at 1041 Lyons Ave. in South Lake Tahoe.



Bread & Broth's Turkey Day celebration is Nov. 21. Photo/LTN file

Roasted turkey is on the menu, as well as all the traditional side dishes.

In previous years, the volunteers have served as many as 500 people for this Thanksgiving meal. For many members of the community, this meal will be the only Thanksgiving dinner they will have.

Donations for the meal are needed, especially fresh cranberries, oranges, sausage, and canned fried onions. All food donations are accepted at the side door of Grace Hall on Nov. 18 from 9am-4pm. Money to buy food will also be accepted.

To find out how you can help Bread & Broth as a sponsor, donor

or volunteer, contact Diane Weidinger at (775) 588.3993 or dianeweidinger@yahoo.com.

South Tahoe woman wins 2 tickets to Soroptimist wine tasting

Paula Peterson of South Lake Tahoe and a guest are going to Friday night's annual wine tasting put on by Soroptimist International South Lake Tahoe.

Peterson is one of the many people who eloquently commented on why service clubs are important. Her words won her two tickets to the Nov. 11 event.



Thank you to everyone who participated in the *Lake Tahoe News* contest.

Tickets may be purchased for $65 each from a SISLT member or downloaded a fax order form for credit card orders.

You must be 21 to attend the event.

Ownership change at Timber Cove closes restaurants

By Kathryn Reed

Owners of the Timber Cove Pier did not renew the lease with Blue Water Bistro, forcing the restaurant to close.

The lease with Mama's Red Tomato also expired.

Both restaurant locations will be operated by the family trust that has taken over operation of the South Lake Tahoe pier as well as the Best Western Timber Cove Lodge. Bob Maloff, who had owned the property for years, died in June. His sons control the trust.



Blue Water Bistro is closed. Photo/LTN file

Peter Evenhuis, general manager at the lodge, said the location where the bistro was would be remodeled, with a new restaurant opening by spring.

"There is no way we can expand anything. That is too complicated," Evenhuis told *Lake Tahoe News*.

But no final plans have been devised for what type of restaurant it will be or what it will look like.

“This was an intimate, smallish, boutiquish restaurant that was probably perfect for that location. I’m sure we’ll not stray,” Evenhuis said.

Mama’s is no longer open to the public, with no immediate intent to change that status. For now a full breakfast is served to guests of the hotel in what is being called the cafe.

Evenhuis said the other businesses operating on the pier would remain.

Still looking for winner of Soroptimist wine tasting tickets

Ready to sample wine from 30 vintners and food from about 20 restaurants?

It’s time for the annual Evening of Food & Wine Tasting put on by Soroptimist International of South Lake Tahoe. This is the group’s big event to raise money that is then given back to the community.

Lake Tahoe News is partnering with the service club to give-away two tickets to the Nov. 11 6pm event at Harrah’s Lake Tahoe.



Soroptimist wine tasting is Nov. 11 at Harrah's in Stateline. Photo/LTN file

The winner will be randomly chosen Nov. 9 from the people who write a comment below about why service clubs are important.

The contest is open to everyone who is part of *Lake Tahoe News'* special NEWS subscriber list. All you have to do is send $40 to *LTN*, then you are added to the subscriber list, you will be sent a T-shirt as our thanks, and you qualify for this and other great promotions.

Send checks to Lake Tahoe News, P.O. Box 13406, South Lake Tahoe, CA 96151 or pay via credit card through PayPal on the website at the bottom right of the home page.

Please include your email address so we can ensure you are subscribed to receive the daily digest. To receive the daily email, which lists what has been posted in the last 24 hours, enter your email address at the bottom right of the home page.

Please don't forget to include your mailing address and shirt size – S, M, L, XL or 2X.

If you don't win the two wine tasting tickets, they may be purchased for $65 each from a SISLT member or downloaded a fax order form for credit card orders.

You must be 21 to attend the event.

K’s Kitchen: Vermont maple syrup + carrots

By Kathryn Reed

I have found a reason I would live in Reno. To grow carrots. Yes, really.

A friend of Sue’s gave her a bag of homegrown carrots. And then another bag. Oh, my. These little orange gems are so incredible.



They don’t look anything like what can be found in a grocery story. They are stubby.

Better yet, they don’t taste like a store bought carrot. They are sweet.

I don’t know how many I consumed as I cut some up for a salad. A slice for the salad, a slice for me, a slice for me, a slice for the salad.

But then I thought there must be something else I could do with them besides eating them raw. So, I attempted to glaze them. Now, I’ve never been a huge fan of glazed carrots, but I knew Sue would enjoy them.

Devoured. That is what happened when she got a hold of the glazed carrots. No leftovers. (I thought I had made enough for leftovers.)

Most recipes call for butter and brown sugar. I decided to melt a couple tablespoons butter, then add the carrots, and then poured in pure Vermont maple syrup. (It must be pure Vermont maple syrup when you live with someone from the Green Mountain State.)

I let them simmer a bit and then let the carrots sit in the pan to soak up the syrup. Cook them until the carrots are the consistency you want to eat them.

Measurements will depend on the number of carrots being cooked. It’s a great side dish (and apparently a meal for others).

Yes, I realize I turned a perfectly good healthy food into something almost resembling a dessert, but it was tasty, and sometimes it’s good to be bad. And to keep it vegan, consider starting the carrots in oil instead of butter.

Gingerbread house building contest in Stateline

The Ridge Tahoe is hosting the Northern Nevada Gingerbread House Competition in December.

Age groups are 8-12, 13-17, and 18 and older. The latter will be split into novice and professional.

The competition is Dec. 3-4 at the resort, 400 Ridge Club Drive, Stateline. Houses will be assembled Saturday, with judging on Sunday.

Prizes include cash, room stays at the resort, and Apple products.

Entry fee is $20 for children and $50 for the adults. Entry space is limited, so sign up by Nov. 28. Entry forms are online, then click on the Meetings and Events page.

Net proceeds will be donated to the Boys & Girls Clubs in South Lake Tahoe and Gardnerville.

For questions, call Executive Chef Stephen Moise at (775) 588.3553, ext. 4195 or email smoise@ridge-resorts.com.

Another study to confuse alcohol drinkers

By Rob Stein, Washington Post

Here's some news that might make a lot of women feel as if they need a drink: The compound in red wine suspected of having a host of health benefits has for the first time shown promising test results in people. But a new Harvard study indicates that indulging in as few as three drinks a week may boost a woman's risk for breast cancer.

So, should that be a glass of Merlot? Or just plain water?

Scientists, of course, say: It depends.

"If you are someone with a family history of breast cancer but are healthy, at a good weight, exercise regularly, have a healthy diet and don't have a risk for heart disease, then you may make one decision," said Wendy Y. Chen of the Harvard Medical School. "Another woman who has some cardiovascular risk factors and no history of breast cancer may make a different decision."

The findings, both released Tuesday, are the latest seemingly head-spinning medical advice about alcohol. For years, doctors advised that women could safely consume about a drink a day. Men could get away with two. More servings have long been known to have more risks than benefits, especially for breast cancer among women. Scientists think alcohol can cause breast cancer by raising estrogen levels.

Many experts urged caution about overreacting to the new findings. The slight increased risk for breast cancer from such low alcohol consumption was probably still outweighed for many women by a possible reduction in the risk of heart disease, which kills far more women than breast cancer.

Read the whole story

K’s Kitchen: Cookies worth sending overseas

By Kathryn Reed

When a notice would come in the mail that I had a package, I knew I would be having cookies for dinner that night.

Poor, starving college students can live off very little. Cookies – oh my, I don’t think I ever shared them. I hoarded them in my room, hid them from roommates and savored them – even the crumbs.



I was lucky. Not only did I get goodies sent to me from mom, but my three older sisters kept me well stocked, too.

I can’t say I’ve been as good about sending stuff to my nieces and nephews. This past weekend I was able to hand deliver homemade cookies to two of them. Veronica has graduated, but I’ve seen her set up in Beijing and she isn’t making cookies for herself. With her home for a few days, I was able add to her full suitcase.

Oliver got his hand delivered, too – and whole for a change. See, I don’t package the cookies well, so they end up being crumbs. Still good. Just a different consistency. It’s something he likes to tease me about.

This version is ideal for adding to ice cream.

Jacqueline is going to have to wait her turn – two more years – before she is on the cookie rotation. Hopefully, Chris won’t ever be back on it. He was getting cookies while in Iraq with the Army.

Mine are in the freezer. But don’t ask me to share. I’m still not really good about that.

The recipe comes to me via my sister, Pam. She often uses white chocolate and macadamia nuts. I’m not a big fan of nuts in my cookies, so I use white or semi-sweet chocolate.

Yummy Cookies

2/3 C shortening

2/3 C butter, softened

1 C granulated sugar

1 C brown sugar, packed

2 eggs

2 tsp vanilla

3 C flour

1 tsp soda

12 oz. package chocolate morsels

Mix the first six ingredients. Then blend in the flour and soda. Stir in chocolate chips. Bake at 350 degrees for 10-12 minutes.

UC Davis study questions link of fast food to lower-income obesity

By Carlos Alcalá, Sacramento Bee

Fast food alone cannot be blamed for high obesity rates among people with low incomes, according to a new UC Davis Center for Healthcare Policy and Research study.

The research calls into question stereotypes that have led some cities in Southern California to cite obesity when passing laws limiting or banning new fast-food restaurants in poorer communities.

Nutritionists and food policy experts, however, said that doesn’t let fast food off the hook – and at least one of the UC Davis researchers agreed.

“I’m not a big fan of fast food,” said J. Paul Leigh, lead author of the study, which will be published in Population Health Management in December. “I’m sure that fast food in general has a big effect on obesity. This research does not contradict that.”

It does challenge the notion that those with low incomes eat more fast food than those with higher incomes.

Health economists Leigh and co-author DaeHwan Kim analyzed data from the mid-1990s and compared household income with visits to fast-food and full-service restaurants.

Rather than finding fast-food visits going down with income, they found visits peak at $60,000 in income, before falling slightly.

Read the whole story

Restaurant opening helps food bank, air races families

Chef Mark Estee of Truckee’s Moody’s and Burger Me hosts the grand opening of his Reno restaurant CAMPO on Nov. 16 from 6-9pm.

The grand opening will benefit the Food Bank of Northern Nevada and Think Kindness Reno Air Races Family Assistance Fund. Tickets are $20 and include small bites, wine and beer.

CAMPO is located at 50 N. Sierra St. on the ground floor of the Palladio.

Tickets may be bought online.