Learn about hip treatments

Learn about minimally invasive hip treatments, arthroscopy, and anterior hip replacement on Jan. 14.

Robert Rupp with Tahoe Orthopedics Sports Medicine will address hip tendinitis, bursitis, sciatic nerve compression, hip impingement, labrum tear, and hip arthritis.

The free 6-7pm lecture will be at Lake Tahoe Community College, Room A208, South Lake Tahoe.

Nevada promoting local agriculture

The Nevada Department of Agriculture has created a Buy Nevada brand program to promote Nevada food and agriculture.

Buy Nevada promotes food and agriculture businesses such as food processors, small farmers, large growing operations, restaurants, retailers and distributors.

The recent study on the economic impact of the agriculture industry to the state – estimated at $5.3 billion – helped drive the program.

Buy Nevada has tiered memberships ranging from free to higher-level sponsorships. Money raised will further promote Nevada food and agriculture businesses. Businesses may sign up online.

3-day audio workshop in South Lake Tahoe

Audio 101 is a three-day workshop with six-hour sessions at Tahoe Production House in South Lake Tahoe.

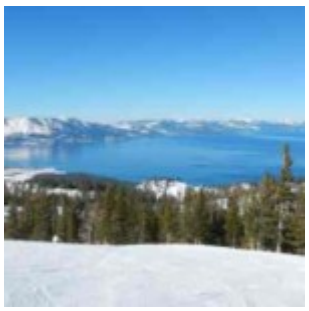
Topics include how the ear perceives sound, acoustics and sound travel. There will be hands-on learning of setting up a sound system with speakers, basic connections, equalization, mixing and routing of signals, as well as power management.

The workshop is Jan. 26-28 from 10am-5pm; it inlcudes lunch at TPY – 2291 Lake Tahoe Blvd., South Lake Tahoe.

Cost is $315 and preregistration is required.

Email info@tahoeproductionhouse.com for more information.

Snippets about Lake Tahoe



• *USA Today* readers voted the South Shore as the best ski destination. Too bad in the write up they confused Sierra and Northstar. The North Shore came in at No. 3.

• Frank Mosbacher is retiring Jan. 2 after 34 years at the Eldorado National Forest public affairs officer.

• Nancy Clarke’s national park oil paintings and Eleanor Rasmussen’s ceramic pieces inspired by nature are on display at the library at Lake Tahoe Community College through mid-February.

• As of April 1, tobacco-use of any kind will not be permitted throughout Barton Memorial Hospital buildings, Barton Health facilities and on the parking lots or grounds.

Learn how music affects memory

Petr Janata will talk about his research on the neurological connections between music, memories, and emotions on Feb. 6 in Incline Village.

This research has implications for potential breakthroughs in music-based therapies for patients with Alzheimer’s disease.

The Music, Memory and the Brain talk is from 5:30-7pm at the Tahoe Center for Environmental Sciences, 291 Country Club Drive, Incline.

Cost is $5.

Smoking cessation class on South Shore

Freedom From Smoking, the smoking cessation program from American Lung Association, is coming to South Lake Tahoe.

The classes are Jan. 9-Feb. 13 at Barton University, 1111 Emerald Bay Road, Room 101, South Lake Tahoe.

Register by calling (530) 543.5882 or email gmorros@bartonhealth.org.

Help available to enroll in Covered California

Barton Health has scheduled two free enrollment sessions for the healthcare exchange program Covered California.

Uninsured California residents will meet with Barton's certified enrollment counselors and get enrolled with insurance.

No reservations necessary, it's on a first come, first served basis. Spanish speakers will be available.

The first session is Jan. 7 from noon-2:30pm at the Tahoe Family Resource Center, 3501 B Spruce Ave., South Lake Tahoe

The second session is Jan. 21 from 9am-noon at Lake Tahoe Community College, 1 College Drive, Room D121, South Lake Tahoe.

Snippets about Lake Tahoe



• You Knew Me When will be at the Himmel Haus in South Lake Tahoe on Jan. 25 at 3:30pm. No cover.

• Tahoe City Winter Sports Park is having a Nordic relay on New Year's Day starting at 9:30am. Cost is $5 for teams of two. Registration opens at 8:30am. For more info, call (530) 583.1516.

• To say thanks to the communities of Crystal Bay and Incline Village, Diamond Peak will offer free skiing Jan. 5-10 to residents with a current IVGID picture pass or punch card.

• Tahoe Choir and Lake Tahoe Community College Chorus are looking for people to participate in the new season of singing Gershwin and Porter show tunes. The first rehearsal is Jan. 7 at 7pm in Room 120 in the Duke Theatre building at Lake Tahoe Community College. For more info, call (530) 577.6404.

• Have you filled our your *Lake Tahoe News* paid subscriber form?

Learn care giving skills from

Elder Options

Introduction to Care Giving Skills is a class being offered by Elder Options.

It is designed to help people understand the issues around getting older, how to be safe, physically active, maintain good health and dietary habits as well as recognize the independent spirit within or with others you're working with. It is geared toward the older individual, adults who are helping to provide the care, and individuals wanting to learn more about the growing field of older adults.

The first class will b at Cameron Park CSD, 2502 Cameron Park Drive, Cameron Park on Jan. 21 from 5:30-9pm.

Cost is $35.

Register by calling (530) 350.4655. Class is limited to 20 participants.

For more information, call (530) 626.6939 or (916) 391.8083.

Meeting to focus on Placer County's plans for Tahoe

Placer County will host a town hall meeting to gather public comment on the recently released Community Plan Policy Framework – a document that includes draft goals and guiding

policies that will frame the Tahoe Basin Community Plan, and to provide North Shore residents with an update on the work Placer County has accomplished to date.

The meeting will be Jan. 29 at 6pm at the North Tahoe Event Center, 8318 North Lake Blvd., in Kings Beach.

The county is asking for feedback on the goals and guiding policies in the policy framework document. Comments received before Feb. 1 will be considered in preparation of the public review draft of the community plan policy document.

There will be additional opportunity for residents to comment on policies after publication of the draft Tahoe Basin Community Plan Policy document in the spring.

For more information, call Crystal Jacobsen at (530) 745.3000.