

Weight loss subject of lecture in S. Tahoe

Why Weight Loss is Hard is the topic of an April 13 lecture by Paula Crenshaw.

This Barton Health sponsored talk is from 6-7pm at Lake Tahoe Community College board room, One College Drive, South Lake Tahoe.

The lecture includes motivational strategies to better understand your body.

- How our bodies use food for energy
- Why do energy-input imbalances occur
- What our bodies are telling us when we plateau
- Strategies for overcoming barriers to weight loss.

Then and now: KTHO radio's 50-year progression



Local radio station KTHO-AM 590 began broadcasting 50 years ago today – St. Patrick's Day in 1963.

The original studio, transmitter and announcers were in this two-room cabin in a meadow at the end of Karok Street in the remote Spring Creek summer home tract off Highway 89 between Fallen Leaf Lake and Emerald Bay. There were two 305-foot tall orange-and-white radio towers erected at the site, one of which is visible at the left in this photo.

After inaccessible winters there, KTHO relocated the studio and disc jockeys to the lobby of the Tahoe Marina Inn in 1965, and moved the transmitting towers to Pioneer Trail in 1967. KTHO now has its studios and offices in the Heavenly Village at Stateline.



The second photo, 40 years later (and showing the same overhead power lines), reveals how fully that meadow has been restored. The Spring Creek Tract now is closed to winter road access by a U.S. Forest Service gate.

– Bill Kingman

Meeting set to address Hwy. 89 roadwork

Caltrans and Southwest Gas are hosting two meetings March 20 to talk about the roadwork that will happen this year on Highway 89 between Tahoma and Tahoe City.

Caltrans will resume a stormwater project to help protect Lake Tahoe's water quality. In conjunction, Southwest Gas will continue work on its natural gas pipeline system.

One meeting is from 10:30-11:30am and the other from 6-7pm. Both are at the Tahoe City Public Utilities District Board Room, 221 Fairway Drive, Tahoe City.

For more info, call Southwest Gas at (702) 365.2044 or Caltrans at (530) 701.9459.

Tahoe Donner Marina plans in circulation

Truckee has released a the draft initial study-mitigated negative declaration for the Tahoe Donner Marina Facility Improvement Project.

For additional information and to view the public draft, [click here](#). Public comments will be accepted until April 16.

For additional information on this project, contact Jenna

Endres at (530) 582.2922 or jendres@townoftruckee.com.

No joking about next blood drive

Barton Auxiliary is having a blood drive April 1 from noon to 6pm at Embassy Suites (First Floor Ballroom, 4130 Lake Tahoe Blvd., South Lake Tahoe).

There is free validated parking in the Embassy Suites parking lot.

For more information, call (775) 588.2376 or (775) 781.5343.

Meditation workshop in South Lake Tahoe

A meditation workshop to learn how to manage the ever-active mind with love and understanding is being sponsored by Unity at the Lake.

Living a Soul-Centered Life will be theme of Sarah McLean's talk March 19, 7-9pm at Unity at the Lake, 1195 Rufus Allen Blvd., South Lake Tahoe.

McLean is a best-selling author who served as the education director of the Deepak Chopra Center for Well Being. Her methodology of teaching has been fine-tuned from teaching

meditation for more than 22 years and she has integrated the best practices from a variety of philosophies.

The cost is \$25 at the door. Book signing and reception to follow.

Lake Valley has money to replace roofs

The deadline to apply for the Hazardous Wood Roof Replacement Grant through Lake Valley Fire Protection District is April 1 at 5pm.

All homes within the El Dorado County portion of the Lake Tahoe Basin that have wood shake roofs are eligible to participate. The grant will rebate homeowners 70 percent or up to \$8,000 of the cost to replace hazardous wood roofs.

Agreements can be obtained from the website or from Fire Station 7, 2211 Keetak St., Meyers.

Snippets about Lake Tahoe



- LPA Inc. was recognized with an Award of Honor in the Modernization/Reconstruction category from the Coalition for Adequate School Housing/American Institute of Architects California Council for the design of the Tahoe Arts and Design Academy at South Tahoe High School.

- The March 23 TedX South Lake Tahoe is postponed, but a new date has not been set.

- Sierra Nevada College in Incline is celebrating homecoming April 3-6.

- Mike Cathcart has been appointed to the Fallen Leaf Lake Community Services District board.

- April 22 marks the 43rd anniversary of Earth Day – a day intended to inspire awareness and appreciation for the Earth's natural environment. The day came from reaction to a massive oil spill in waters near Santa Barbara in 1969.

Young professionals meeting in Round Hill



Tahoe Regional Young Professionals' March mixer at On the Rocks Bar & Grill is March 20 from 7–10pm.

It's all about networking, volunteer opportunities and announce TRYP's professional development and scholarship program for its members.

The post St. Patty's Day themed mixer (i.e. wear green) at On the Rocks Bar & Grill in the Round Hill Shopping Center (behind Anytime Fitness) will also include appetizers and a free beverage.

Admission is free for TRYP members and \$5 for non-members. Annual TRYP memberships cost \$40.

Sign up at the next event or email TahoeTRYP@gmail.com for additional membership information.

USFS wants input on OHV grant

The U.S. Forest Service Lake Tahoe Basin Management Unit is seeking public comment for an Off-Highway Vehicle (OHV) Cooperative Funds Grant application recently submitted to the California Off-Highway Motor Vehicle Recreation Division.

The OHMVR grant is used to provide staffing for OHV education

and information, law enforcement patrols, resource and use monitoring, and to provide protection for both natural and cultural resources in the Lake Tahoe Basin.

The 30-day public comment period ends April 1. Electronic comments may be submitted to Don Lane at dlane@fs.fed.us or the OHMVR Division at OHVinfo@parks.ca.gov. Written comments may be sent to Don Lane at the LTBMU Forest Supervisor's Office at 35 College Drive, South Lake Tahoe, CA 96150.