Part of Highway 50 to be named after fallen patrolman

By Cathy Locke, Sacramento Bee

A portion of Highway 50 near Ponderosa Road in El Dorado County will be renamed to honor the life and service of a California Highway Patrol officer who was run down and killed in the area while trying to stop a fleeing driver.

The CHP will hold a memorial freeway dedication ceremony Monday honoring Officer Douglas “Scott” Russell. It will begin at 11am at Green Valley Community Church, 3500 Missouri Flat Road, Placerville.

On July 31, 2007, Russell was attempting to stop a driver who was leading law enforcement officers in a dangerous pursuit through the Shingle Springs area.

Read the whole story

Burning Man permit up for renewal

By Reno Gazette-Journal

The Bureau of Land Management is seeking public input as it evaluates a proposal from Black Rock City LLC to renew its special recreation permit to hold the Burning Man festival for the 2011-2015 period.

The festival is held annually on public lands in Pershing

County, Nev. in the Black Rock Desert approximately 10 miles northeast of the community of Gerlach, Nev. The festival has been held since 1990 and has been permitted by the BLM since 1992.

According to the BLM, the operations associated with the event occupy about 4,400 acres of public land for a seven week period starting with fencing the site perimeter the second week of August and concluding in late September with the final site cleanup. The major activities are confined to several weeks in late August and early September associated with final setup, the actual event and the initial phases of cleanup. During this period, Black Rock City becomes one of the largest cities in Nevada, with approximately 50,000 participants.

Read the whole story

Sustainable Tahoe meeting on South Shore

Sustainable Tahoe's first basinwide green networking event in South Lake Tahoe is Nov. 18 from 5:30-8:30pm at Embassy Suites.

Regional leaders, owners, staff and advocates of green technology, conservation, alternative transportation, clean energy and sustainable innovation will unite to network and start the next wave of action toward sustainability.

The event will focus on bringing these community leaders together to meet, collaborate, and share resources under one vision of creating a sustainable destination of the Lake Tahoe basin.

The event will include a tour of recent sustainability initiatives by the Embassy Suites. The tour will also look at Explore Tahoe.

A 2011 Tahoe Expo is being planned for the summer to showcase possibilities for a new Tahoe economy.

For more information, go to www.SustainableTahoe.org or call (775) 883.0831.

Veterans to be honored by El Dorado County

Who: The Friends of the El Dorado County Veterans Monument will host the 5th annual Veterans' Day Tribute in celebration of our nation's veterans.

When: Nov. 11, 11am

Where: The El Dorado County Veterans Monument, 360 Fair Lane, Placerville.

Why: Veterans Day is a time to honor those who have served the cause of freedom. Each year the community packs the El Dorado County Veterans Monument grounds to honor those who have served.

Highlights of this year's tribute include:

· A fly-by salute from a flight of T-6 aircraft (weather permitting) in honor of El Dorado County's 17,000 Veterans

· A second T-6 fly-by salute in the missing man formation in honor of those who have given their lives to preserve our

freedoms

· Special guest speaker, Christopher Moore, former U.S. Army Special Forces staff sergeant and local high school principal

· Participation from local Cub and Boy Scout troops

· The presentation of the El Dorado County Veterans Monument-Veteran of the Year Award.

Ernie’s secret ingredient – 30 years of good employees

By Kathryn Reed

Plates of food barely leave the cook’s hands before a waitress picks them up. Steam rises from the late morning breakfast order. Hot coffee is being poured to a crowd that doesn’t care it’s almost noon. Money is exchanged.

The waitress – Betsy Sommerfeldt; the coffee pourer – Judy Bruso; and the cashier – Paul Bruso are a formidable trio. Sommerfeldt has worked for Paul Bruso almost since the day he bought Ernie’s Coffee Shop 30 years ago. The Brusos have been married for the last 20 years.



Betsy

Sommerfeldt has been taking order at Ernie's for nearly 30 years. Photos/Kathryn Reed

Longevity in the restaurant business is a rarity. Longevity in Tahoe seems even more rare. A packed house in a recession is impressive.

Drive by the South Lake Tahoe eatery that serves breakfast and lunch seven days a week from 6am-2pm and the parking lot off Emerald Bay Road is nearly always full.

Bruso credits his staff of 20 full-time workers for the success of Ernie’s. (Students fill in on a part-time basis during the busy summer season.)

“Good employees create good service, create good food, create a good environment,” Bruso said. “If you have a great staff, you are going to be OK. We treat people right and they treat us right.”

Sommerfeldt has had job offers through the years, but has never seriously considered turning in her apron for another line of work.

She, like the other waitresses, has locals and tourists who come in specifically requesting to be seated in her section.

“It’s kind of like a Cheers atmosphere where everyone knows your name,” Sommerfeldt said.

Being a people person makes this line of work ideal for the 51-year-old. She says the interaction with customers is the best part of the job.

Sommerfeldt also has complimentary things to say about the Brusos. She likes that they are hands-on owners. She says their personalities balance each other out – with Paul being a type-A personality and Judy bringing a more calming influence.

The pay is good; hours are flexible – making for employees to be able to enjoy the Tahoe lifestyle. Tips are pooled, so co-workers make sure everyone is pulling their weight. Paid vacation and profit sharing are part of the deal.

Even though the Brusos seem to live at Ernie's, they have plenty of faith in the staff to be able to get away on a regular basis – which could be spending four weeks walking 500 miles across Spain or a month's vacation on the East Coast.

Ingredients of success

Besides the staff, Bruso credits being involved in the community as part of his success story.

"You need to be involved and concerned about what goes on in the community," Bruso said. "We believe in supporting locals, the kids, the schools. That's what makes a community."

Burger nights are one of the most popular fundraisers. Of the approximately 120 Ernie's has hosted for various groups, more than $300,000 has been raised.

When it comes to the food, changes are continually made.

"We rarely take anything off. We add things based on customer requests or ideas from employees," Bruso explained.

Cassie Chandler, a trainer at Push Fitness, suggested meals infused with more protein. Some of her recipes have been incorporated into the daily mix. (See recipe below.)

"We don't like to tell people what to eat, but we like to have things available no matter what they want to eat," Bruso explained.

The Brusos have been eating a vegan diet for about nine months. But that doesn't mean meat, eggs and cheese are about to disappear. It just means more vegan options for diners.

Eve Hall doesn't change her order – it's always eggs over easy, hash browns and sausage.

"It's always consistently good," the longtime South Tahoe resident said of the food at Ernie's.

For Dave Anderson, he used to get the Mountain Man breakfast (6 link sausages or 6 slices of bacon or 4 country sausage patties or a slab o'ham, with 3 eggs, hash browns or home fries, side of biscuit and country gravy). Now he's on a gluten free diet. But Ernie's can accommodate him so he's still a regular.

Times change

One of the biggest changes occurred seven years ago when the Brusos went from renting the building across the street to having a larger building constructed for Ernie's that they (and the bank) own.

Sommerfeldt said it was an adjustment to get used to the bigger layout and it being noisier, but says overall it is much better.

She said one of the other things to get used to was going to computers.

"I can't believe we added checks by hand all those years," Sommerfeldt said.

The Brusos don't intend to go anywhere anytime soon. Paul Bruso said they might be around for the 40th- and 50th-year celebrations as well.

Ernie's first opened in 1968. It had a few owners until the 30-year-old Bruso bought it in 1980.

“I like the name Ernie’s better than calling Paul’s,” he said.

To celebrate their 30th anniversary, the entire menu will be half price Nov. 8-12. It’s their way of saying thank you to the locals who keep them afloat in the off-season.

Ernie’s Cassie Chandler-inspired Protein Pancakes

3 egg whites

1 T yogurt

1 T crushed pineapple

1 scoop vanilla protein powder

½ tsp cinnamon

½ C oatmeal

1 tsp coconut extract

1 T applesauce

Mix ingredients in blender until smooth.

Cook in pan with unrefined coconut oil.

Topping choices – agave, peanut butter, applesauce.

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Barton Foundation gives $26,000 to 9 organizations

Barton Foundation and Barton Health’s Community Advisory

Committee on Nov. 5 gave more than $26,000 in grants to several South Lake Tahoe groups. The Foundation received 22 proposals and nine were awarded.

Lake Tahoe Children's Dental Coalition received $10,000 – the largest sum.

Other recipients include:

* We Can! "Funding for the Spanish Language Learning Program" $7,500;

* Police Activities League "Local Youth Programs" $1,500;

* Tahoe Youth & Family Services "The Backpack Buddies Program" for at-risk youth $1,500;

* Family Resource Center "Nutritional Snacks and Education for Latino Youth" $1,500;

* Bijou Community School "Equipment for Physical Education Classes" $1,415 and $900 for the Walk-A-Thon prizes;

* Sports Connection "Funding for Local Youth to Participate in Athletic Programs" $1,000;

* NAMI "Funding for medications of mentally ill patients" $1,000.

Audition for 'Treasure Island'

Tahoe Arts Project presents the Missoula Children's Theater "Treasure Island".

Auditions are Nov. 15 from 4-6pm at the South Tahoe Middle School multipurpose room. There are roles for approximately 60 children in grades K-12 (must be 5 and in kindergarten to audition). Rehearsals will be Tuesday-Friday from 4-8:30pm depending on the role.

Performances will be Nov. 20 at 2 and 6pm.

Auditions are free. If cast, there is a charge of $35 per child to participate in this weeklong theater experience. For more information, call (530) 542.3632 or visit www.tahoeartsproject.org

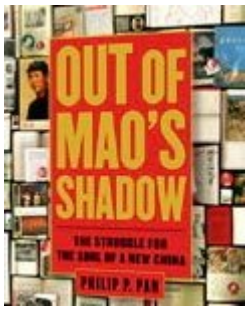
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Book provides insightful history lessons about China

By Kathryn Reed

Disturbing is the word that resonated with me as I kept flipping the pages of “Out of Mao’s Shadow: The struggle for the soul of a new China.”

I have read plenty of news accounts about China and it’s repressive government as well as stories about it being more progressive. But the 337-page account by Philip P. Pan brought to life incidents from that huge nation that I was not familiar with.



Pan was in China from 2000-07 as a journalist for the *Washington Post*. His book was published in 2008.

As China continues to be a major player in the world – politically and economically – it is imperative we better understand this country that clearly has a seat at the world table.

I understand now China is more complex than I had realized. Saying it's repressed is oversimplifying things. Saying it is a Communist country is true, but the political-economic structure is not purely traditional communism.

Most people know about the June 1989 massacre of democracy protesters at Tiananmen Square. And, though, that was a pivotal moment in China internally and for how the world views the country, it's one of many significant moments.

Like all countries, the past is not a bed of rose pedals – many sharp thorns that can still cause pain are buried in what we call history. Pan does a tremendous job of exposing those thorns.

The incidents depicted in the book are disturbing in themselves. But even more so for me was the realization of how the citizenry of China seems to know so little about its past. Such are the hazards of a sprawling country where most of the residents live in rural areas without many modern conveniences.

A media without much of a voice is also part of the problem.

Although the Internet is allowing more diverse commentary to seep into society, the Chinese government sensors what is published and what residents have access to.

“Out of Mao’s Shadow” is a great trip through various segments of China’s past, though some is rather recent. It’s not a history book in the sense of being dry and boring. It is the story of people affected by the historical moment, the people making history, and the outcome of their actions and those of the government.

‘Kindertransport’ comes to stage at LTCC

Three generations of women explore the far reaching ripples of the Holocaust in Diane Samuels’ play “Kindertransport,” opening at Lake Tahoe Community College’s Duke Theatre Nov. 13.

Kindertransport was the name of a rescue effort that brought thousands of Jewish children to Great Britain from Nazi Germany between 1938 and the outbreak of war in 1939. Almost 10,000 children were sent by their parents to safety.

Performances are Nov.13 at 8pm, Nov. 18-20 at 8pm and Nov. 14 and Nov. 21 at 2pm.



Juliette Hill as Eva (on floor) and Pam

Taylor as Lil
in
"Kindertranspo
rt" at LTCC.

In the play “Kindertransport” 9-year-old Eva ends up in Manchester, England. When Eva’s parents fail to escape Germany, her attachment to her foster mother increases, and a new identity starts to form. The child changes her name to Evelyn and begins the process of denial of her German and Jewish roots. More than 30 years later, when her daughter discovers some old letters in the attic, Evelyn is forced to confront the truth about her past. Combining theatricalism and naturalism, past and present are intertwined throughout the play as themes of mother-daughter relationships, survivor guilt, and loss of identity are explored.

A special commemoration of Kristallnacht will be held at the opening night performance, Nov. 13, prior to the show. Rabbi Jonathan Freirich from Temple Bat Yam in South Lake Tahoe will preside. Kristallnacht, or the Night of Broken Glass, was a series of attacks against Jews throughout Nazi Germany and parts of Austria on Nov. 9–10, 1938.

“Kindertransport” opens the week of the 72 anniversary of Kristallnacht.

Tickets for “Kindertransport” are $10 general admission, $7 for seniors, $5 for children under 13 and students with a current student body card.

The first Kindertransport arrived in Harwich, Great Britain, on Dec. 2, 1938, bringing about 200 children from a Jewish orphanage in Berlin that had been destroyed during Kristallnacht. In all, the rescue operation brought about 10,000 children, approximately 7,500 of them Jewish, from Germany, Austria, Czechoslovakia, and Poland to Great Britain.

It was assumed at the time that when the crisis was over, the children would return to their families, or parents would eventually join their children in their new country. Most of these children would never see their parents again because they were murdered during the Holocaust.

After the war, many children became citizens of Great Britain, or emigrated to Israel, the United States, Canada, and Australia.

Massage therapists donate time to support women in Africa

South Lake Tahoe entrepreneurs and small businesses will host the first Massage for the Masses Nov. 12-13, with 100 percent of the proceeds going to support Dolphin Anti-Rape and AIDS Control Outreach, a Kenya-based rape-prevention organization.

Elevate Wellness and Biospirit are donating their studio and spa space to host the event, and a dozen local massage therapists are giving their time to provide 25- and 55-minute massages.

Jennifer Gurecki and Julie Lowe are organizing the event. Gurecki has worked with Dolphin for five years and travels to Kenya regularly to provide technical assistance to the organization.

BioSpirit (530.541.5511, 1116 Ski Run Blvd.) will provide massages Nov. 12 and Elevate Wellness (530.541.9355, 1113 Emerald Bay Road) Nov. 13. Call one of the numbers to make an

appointment.

Massage therapists include: Jennifer Webb, Rosemary Manning, Crystal Honeck, Ali Warren, Heidi Meiser, Nancy Gayner, Teresa Bertrand, Coco Maliya, Jennifer Ross, and Vickey Waldo.

The suggested minimum donation is $30 for a 25-minute mini-massage and $60 for a 55-minute massage.

Dolphin is a nationally-registered Kenyan nongovernmental organization that has delivered life-saving sexual violence prevention and self-defense education since 1998. For less than $1 per child, it provides Nairobi’s youth with innovative and life-changing strategies that can save their lives. Dolphin has empowered and educated more than 1 million schoolchildren and teachers. More than 250 children and adults have reportedly used the skills to stop sexual violence in their lives.

The HIV rate among women in Kenya is four times higher than that of men, and 25 percent of women and girls aged 12-14 report having lost their virginity by force, according to UNAIDS. In Nairobi, the capitol of Kenya, the women’s hospital receives an average of 18 cases of rape and incest each day.