Standup paddleboard competition in S. Tahoe

Paddleboard competitors will be taking over El Dorado Beach this weekend for the annual Race the Lake of the Sky.

The two-day event (June 28-29) includes a variety of races for varying abilities. All include starting and finishing at the South Lake Tahoe beach and maneuvering around buoys. The distance course has standup paddlers going into Emerald Bay.

Kona Brewing Company is getting in on the action as one of the sponsors. While the Hawaiian beer has been available on the main land for a while, it wasn't until this spring that its Castaway IPA was brought ashore. *LTN* has sampled it and believes it would pair nicely with spectating the SUP races this weekend.

But for those who want to participate, onsite registration is available both days starting at 6am. For more info about the event, go online.

– Lake Tahoe News staff report

Playing golf with a celeb benefits nonprofits

For $2,500 people have the opportunity to play with one of the ACC golf tournament celebrities. All but $100 goes to local nonprofits.

The July 17 event will be at Clear Creek Tahoe. It will

include 12 celebrities each playing with three amateur partners.

The day includes: breakfast, tee prize, 18-hole scramble, lunch and two VIP tickets in the Lake Tahoe Visitors Authority skybox during the final round of the American Century Championship at Edgewood Tahoe.

To register, go online.

For more information, call Phil Weidinger at 775.588.2412.

NDOW wants Incline Lake filled

By AP

With the U.S. Forest Service seemingly on course to keep empty a scenic mountain lake acquired years ago for the public for more than $43 million, state wildlife officials continue to press the argument the lake should be refilled and established as a fishing destination.

Incline Lake, officials with the Nevada Department of Wildlife insist, could be turned into a valuable fishery for Lahontan cutthroat trout, providing an important recreational opportunity for the public while furthering goals to restore the threatened fish.

“We think there’s an opportunity there,” Jon Sjoberg, chief of fisheries for the Department of Wildlife, told the Reno Gazette-Journal.



Ponds are naturally forming where Incline Lake used to be. Photo/Matt Dickinson

Once a private enclave for Nevada's rich and famous, Incline Lake and 777 acres of surrounding land was acquired by the Forest Service in 2008 in a deal that ultimately paid its former owner, the Incline Lake Corp., $43.5 million. Supporters of the deal at the time touted the lake's recreational as well as its environmental values.

But in 2009, Incline Lake Corp. drained the lake after experts determined its dam, now 72 years old, could fail during an earthquake and flood portions of nearby Incline Village. The lake has remained drained ever since as Forest Service officials worked to decide its future.

Early this month, the Forest Service closed the public comment period on an environmental assessment examining various options regarding future management of the Incline Lake property. While one alternative would reconstruct the dam and potentially allow the return of a lake there, the proposed action would remove the dam and restore the area to wetland meadows.

If that's indeed the direction the government goes, it might be an unfortunate one, Sjoberg said.

"It could be a lost opportunity," Sjoberg said. "It is their decision, ultimately."

Last July, after the Forest Service released a management proposal to remove the dams and restore the 777 acres, Department of Wildlife supervisory habitat biologist Mark Freese wrote a letter to Nancy Gibson, supervisor of the service's Tahoe unit, urging a reconsideration.

"We encourage the Forest Service to consider repairing the dam and spillway to bring it up to code so that public safety and water quality protection are in place," Freese wrote. "Given its beautiful alpine setting and proximity to urban areas, we feel that this reservoir could be an extremely popular recreational area and sport fishery given the opportunity to develop it."

Specifically, Freese proposed filling the lake so it could be used as a sport fishery for Lahontan cutthroat trout, Nevada's state fish and categorized as a threatened species.

"The location and accessibility of Incline Lake offers a unique opportunity to showcase and educate the public about native sport fisheries in Nevada by providing what would be one of the few lakes across its range where people could have the opportunity to fish for native LCT (Lahontan cutthroat trout)," Freese wrote. "There is also the potential that this reservoir could facilitate recovery efforts and management of LCT throughout the region."

The Department of Wildlife continues to stand by the position advocated in the July letter, Sjoberg said.

"We're looking at an opportunity to use Lahontan cutthroat trout for recreational fishing and to build more support for moving forward with recovery (of cutthroat)," Sjoberg said.

When money was secured to buy the property in 2008, $5 million was set aside to repair the dam. That money remains available. In his July letter, Freese wrote of the possibility the Department of Wildlife could act as a partner in restoring the dam and lake, including through possible provision of

additional funding.

Guided bird watching on South Shore

Washoe Meadows Community is hosting a bird watching event June 29 from 8-10am on the South Shore.

Sheryl Ferguson will lead the birdwatching tour. Ferguson earned her wildlife degree from Humboldt State and worked for the U.S. Forest Service.

Space is very limited. To reserve a sport, RSVP to Lynne at LCPaulson@comcast.net or Krissi at 530.577.4335. They will provide location and details.

Park City ski season threatened

By Christopher Smart, Salt Lake Tribune

It’s more torturous than waiting for the first snow of the ski season.

A defining court ruling last week in the ongoing land-lease dispute between Park City Mountain Resort and Talisker Land Holdings has done nothing to relieve the anxiety in Utah’s premiere ski town.

The ski season may be five months away, but if PCMR were not to open, it would be devastating for Park City businesses, residents and taxpayers.

“It’s crystal clear to everyone with a business. The longer this goes on without a resolution the uncertainty just gets worse and worse for the rest of us,” said City Councilwoman Liza Simpson, who also works at Dolly’s Bookstore.

The municipality calculated it would lose $4.1 million in taxes in the upcoming ski season if the resort were not to open, Simpson said. But that doesn’t take into consideration the impact on restaurants, lodges, ski shops and others, she noted.

Read the whole story

Proper muscle strengthening is key

By Caroline Barichievich

Whether you are a water skier, paddleboarder, mountain biker, or hiker, you may engage your hip and core muscles more than you know.

Experiencing pain in your lower back, hip, knee, or foot? Perhaps it’s your gluteus medius, a significant, but lesser known muscle.

The gluteus medius muscle supports humans to walk on two legs and sustain long hours of play. It is located on the side of your bum between the bony protrusion on the hip to the top of the pelvis. It’s the muscle that keeps the legs from dropping

in and what stabilizes the pelvis when standing on one leg. It also helps activate core muscles and maintain hip and knee alignment.

If the gluteus medius is weak and cannot control the leg from dropping in toward the other leg, this can cause pain throughout the leg. Pain can spread from the hip to the knee joint and has been linked to iliotibial (IT) band problems, tendonitis, and foot pains.

To avoid potential pains and enjoy an injury free summer, the following exercises will strengthen the gluteus medius muscles.

Wall Press: Standing with one side against a wall, lift the inside leg against the wall up 60 degrees and push for five seconds. This exercises the opposite leg by pushing the knee, hip and ankle against the wall.

Side Leg Lift: Lie on your side with the upper arm on the floor (balance your head on extended hand) and the lower knee bent for stability. Keep the top leg straight and slightly behind you while keeping your back straight. Lift the higher leg upward approximately 30 degrees while maintaining the hip slightly back and the toes pointed forward for a count of two up and two down.

Side Plank Lift: Rise in a side plank position with your legs extended. Balance on the side of your foot and elbow, with hips lifted off the ground to achieve neutral alignment of your trunk, hips, knees, and ankles. While balancing on the elbow and feet, raise your top leg up in the air for a count of two up and two down. Maintain plank position throughout all repetitions.

Single Leg Squat: Place a chair six to twelve inches behind you. Stand on one leg and slowly squat, lowering the buttocks to touch the chair for a count of two and then extend back to standing for a count of two. During this motion, your extended

leg should stay in line with your other thigh.

For every exercise, perform three sets of 10 to 15 repetitions on both sides. You should feel the muscle tighten in your bum, not on the side of your knee or front of the thigh.

If pain persists, contact your physician or a sports medicine specialist.

Caroline Barichievich is the physical therapy supervisor for Barton Rehabilitation and Sports Medicine.

Plenty of hot water to enjoy around Lake Tahoe



MontBleu's spa is open to the public – for a fee.

Photo/Kathryn Reed

By Kathryn Reed

Soaking in hot water has a history dating to the 4th century BC. There's been quite an evolution from hot stones being placed in water to today's fiberglass tubs found in so many Lake Tahoe back yards.

It was in the 1940s that hot tubs started to become popular in the United States.

Nearly every hotel in the Lake Tahoe Basin has a hot tub. Plus, there are a few natural springs in the area that people may enjoy.

The following is a sampling of tubs in the region and beyond.

With a hot tub somewhat shaped like a three-leaf clover, people are able to spread out at **MontBleu** in Stateline. And this is good because there were loud, splashing children in one section.

It's one of the more chlorinated tubs. Sue's eyes began to sting when she lifted her hands to her face. The depth is a bit much for someone of her stature. She had to crouch and couldn't sit comfortably.

But the temp is ideal. The jets had a ton of pressure, which I would think some people would not like. I thought it was wonderful.

There is also a tub in each of the dressing rooms if people want to stay more secluded. The women's tub was the perfect temp and the depth good for shorter people. The dim lighting makes it even more relaxing. The jets put out just the right amount of oomph.

Hotel guests may use the pool and adjacent hot tub for free, guests must pay $10 to use the indoor tub and locker room

facilities, and it’s $20 for non-hotel guests to use everything.



Grover Hots Springs in Markleeville is popular with locals and tourists. Photo/LTN

Tahoe Keys has two outdoor hot tubs that are accessed via the indoor pool. People must live in this South Lake Tahoe neighborhood or have access to guest passes to be allowed in.

The secluded feeling is great. The 103-degree temp is perfect, especially when the outside temp is below freezing. The depth is ideal. The jets could use a little more force.

No one younger than 6 is allowed in them. And one does not allow anyone younger than 14 so it’s a quasi-adult tub.

Lots of signs warn people no alcohol is allowed and if people are caught with any, they could lose their privileges to use the facilities. There is also 24-hour recorded surveillance.

Several hours one Saturday afternoon in early January were spent in the pools at **David Walley’s Hot Springs Resort** in Genoa. We were happy to have two gift certificates because we’re not sure it’s worth the $30. A lot of this has to do with having our own hot tub and not making a whole day of it. The value really depends on how much time one spends at Walley’s. We’ve been there in the spring when it’s cold at the lake and warm in the valley. It’s a great spot to start

working on your tan.

The scenery is wonderful – even though the mountains should have had way more snow.

The five tubs are supposed to range in temperature from 100 to 104 degrees. The larger pool is about 85 degrees. An employee is regularly checking the temps.

Two of the older hot tubs have been taken out since the ownership changed in the past couple years. An employee said there is talk of adding more tubs.

Be careful about wearing jewelry into the waters. My toe ring is now a different color because of the sulfur.

The other natural spring that is nearby is **Grover Hot Springs**, which is part of a state park by the same name in Markleeville. Cost is $7. Hours change in the summer, but it's open seven days a week.

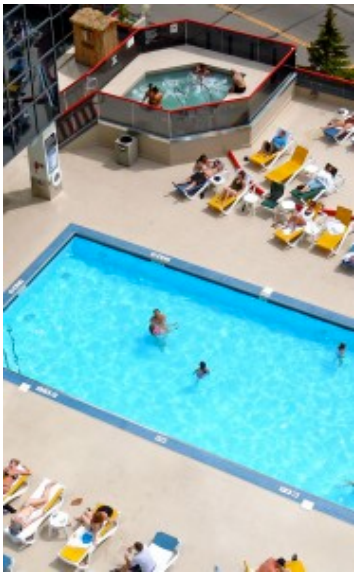
It's one big pool that is fed by water that is percolating from the hillside. The surroundings are spectacular. This is definitely more rustic than Walley's, but that is part of its charm. It's definitely a social place, but that can be a drawback because it can get crowded.

At **Nepheles** in South Lake Tahoe hot tubs may be rented by the hour. They are available from 2pm to 2am at $20/hour for two people. The more people, the more it costs. Towels are provided.

It had been years since Sue and I had been there. They are private, though there is no ceiling. This is perfect – being outdoors, but secluded. Amazingly, we had no trouble staying there for an hour. The temperature was ideal.

Hooks and benches are provided to put stuff on. But if were snowing and there were several people, clothing might get wet.

One of the perks at Nepheles is that there is an intercom to the bar. We tried it repeatedly and no one ever responded. While not the end of the world, it was disappointing.



The hot tub at Harveys is elevated away from the pool. Photo/LTN

Harveys hot tub is outside, but on the fourth floor. The outer railing for the entire area gives it a secluded feeling. It’s not until getting to the far side can one look down on all the rebar and concrete for what might be the completed Chateau project.

The tub is small considering how many hotel rooms there are. But on a weekend in May there is ample room for everyone. The biggest disappoint is that for what otherwise is a 24-hour facility, the pool-hot club closes at 9pm.

The temperature was perfect. But the depth of the bench to sit on to the top of the tub is so high that I can’t put my arms out as a way to cool off. It reminded me in some ways of being in an old redwood tub. Not the most comfortable seating.

Tubs outside the area

It almost seems like the hot tub at the **Hyatt House in Rancho Cordova** was an afterthought based on how tiny it is. I don't know how much use it gets when the outside temp is in triple digits, but in February plenty of people wanted to use it, including members of a Zephyr Cove tennis team and a Sonora high school wrestling team who were all in town to compete. Not everyone could fit.

Also disappointing was how rapidly the temperature decreased when the bubbles were on. And the jets were a bit spastic. There also ought to be rules about young kids in hot tubs – like not allowing them or having an adults only hot tub.

A trip to Reno in December found us at the **Atlantis**. The only problem was getting to the hot tub because we were barefoot and there was ice melt on the walk. We couldn't go in before bed because access closes at 10pm, so we popped in first thing in the morning.

The temp was ideal on this frosty morning. With the bubbles going, there were no distracting sounds. The tall hotel towers make the tub seem secluded.

The **Residence Inn by Marriott in Folsom** couldn't seem to get the temp right on the hot tub when the two of us were there in March. When it's so hot that after less than five minutes you want to sit on the edge, there is too much heat. The next day the water was so tepid I got out quickly and opted for the shower to relax me.



Walley’s has multiple tubs to choose from. Photo/Provided

The other problem was how muggy the room was. The hot tub and pool are inside.

Not knowing what we would find next, we chose to go next door to the **Courtyard by Marriott**. The water was the perfect temperature. I liked that some of the jets were more powerful than others.

And the setting is better than its sister hotel because of all the windows by the tub look out onto a courtyard where people could be sun bathing.

If relaxation is what you want, then skip the tub at the **Marriott Marquis in San Francisco**. Sounds of screaming children in the nearby pool reverberate off the walls. Plus, it’s another one of those instances where kids fill up the hot tub, too. But the size and temperature are good.

It was hard to know we were in the middle of Sonoma while soaking at the **Sonoma Valley Inn** tub. This Best Western is just off the Sonoma square. The tub and nearby pool are in a courtyard with mature landscaping. It’s almost like a park setting. The hot tub is covered by a gazebo, which would act as nice protection from the sun on hot days. The bubbles were a bit spastic – causing water to fly into our wine glasses. But the temp and depth were ideal.

Petition seeks return of grizzly to Calif.

By Susan Montoya Bryan, AP

ALBUQUERQUE, N.M. — An environmental group called on federal wildlife managers Wednesday to update a decades-old recovery plan for grizzly bears to ensure the animal's return to the Grand Canyon and other areas of the West.

The Center for Biological Diversity, in a petition filed with the U.S. Fish and Wildlife Service, accused the agency of using a fragmented approach as it tries to recover the threatened species. Efforts are currently focused on a fraction of the bear's historic range, but the petition identifies 110,000 square miles around the West that could provide suitable habitat.

Those areas include a forested region straddling the Arizona-New Mexico border, the Grand Canyon, the Sierra Nevada in California, and parts of Utah and Colorado.

The recovery plan for grizzlies dates back to 1993. The Center for Biological Diversity says the plan needs to consider recent research that questions the long-term viability of the current grizzly population.

"The science is clear that, if we're serious about recovering grizzly bears, we need more populations around the West and more connections between them so they don't fall prey to inbreeding and so they have a chance of adapting to a warming world," said Noah Greenwald, director of the center's endangered species program.

A spokesman with the Fish and Wildlife Service said Wednesday the agency had not yet received the petition. He did not comment on whether the agency had any existing plans to update the grizzly's recovery plan.

The agency did state as part of a review of the bear's status done in 2011 that the recovery plan was outdated and it needed to consider other areas as potential habitat.

According to the agency, an estimated 50,000 grizzlies roamed between the Pacific Ocean and Great Plains during the early 1800s. Their numbers were drastically reduced as more pioneers headed west. By 1975, when the bears were listed, only six of the 37 separate populations that were present just 50 years earlier remained.

There are five areas where grizzlies are found today, including the Yellowstone region and along the northern Continental Divide.

Federal wildlife managers have had mixed success in trying to reintroduce larger species, such as the gray wolf.

Greenwald acknowledged there would be some opposition to the grizzly, but he said there seemed to be more reverence surrounding the bear.

"The grizzly is the mascot of the University of Montana, and you drive around Montana and it's grizzly this and grizzly that. And in California, they're on the state flag. They're just such an iconic animal," he said.

Bike trail overhaul to begin in S. Tahoe



The bridge flooring on trails crossing Trout Creek and Upper Truckee River will be replaced this summer. Photo/LTN file

Two bridges and 2.6 miles of bike trail will be rehabbed in South Lake Tahoe starting July 7.

It should take about one month to finish the project.

The project including reconstructing the trail that was installed more than 20 years ago. It runs parallel to Highway 50 from Los Angeles Avenue to Motel 6 and the Upper Truckee River; one segment on Highway 50 from Helen Avenue to the Y to include the following areas: Harrison Avenue (Los Angeles to Tulare), Rubicon to Tulare, Eloise to Ponderosa, Silver Dollar to Rubicon, and Helen Avenue to South Avenue and Linear Park.

The project includes pulverization of the existing bike trail and installation of new pavement and striping on top of the recycled trail.

Construction of two new bridge decks and new signage are also included.

Funding is from Measure R – $250,000 – and $475,452 from the Caltrans Bicycle Transportation Authority.

Low lake level may shorten Tahoe boating season

By Jaime Hayden, KRNV-TV

INCLINE VILLAGE – With summer officially here, you may expect to see many boats out on Lake Tahoe. But with the low snow pack this winter, some boat ramps may be closing early this year.

Experts say this will be one of the shortest boating seasons our region has seen in years. The low water level in Lake Tahoe is keeping some boats out of the water, and with summer time just heating up, it could get worse.

“We have been watching the lake go down further and further, this has been the worse year because it was just a poor winter,” said Lake Tahoe Nevada State Park supervisor Jay Howard.

Howard said the Sand Harbor boat ramp has not been as busy this year compared to previous years. Because of the low water level, the department is advising people to not launch boats over 17 feet.

Read the whole story