

# Tennis pro takes over Whittell High PE class



Dave Nostrant, right, instructs Whittell High students in the fundamentals of tennis. Photo/Ross Rittiman

**By Kathryn Reed**

ZEPHYR COVE – Physical education class isn't just running laps or fulfilling some state mandate. For students in Emily Hunter's class at Whittell High School it's about learning skills that will last a lifetime.

For the past three weeks this group of freshmen and sophomores has been running from campus down to Zephyr Cove Tennis Club where head pro Dave Nostrant has been providing them with free instruction.

At first Hunter just wanted some court time, but Nostrant offered to coach the teens at no cost. He even provided rackets for them to use.

Nostrant said it took a bit of time for the kids to get interested in the sport, but as their skills improved, their

enthusiasm level increased. Introducing more young people to tennis is something Nostrant has been trying to do since he took over the instruction at ZCTC a year ago.

“We’ve been able to do mini doubles where I hit a ball to a doubles pair and they play out the point,” Nostrant said of the high school students.

Catalina Wilson was enjoying being outside and not stuck in the gym. While she has played before, she’s not sure how much she’ll play in the future because it takes a lot of work.

For Lydia Otterstron she liked learning all the strokes, with forehand her favorite because she said it was the easiest.

All are beginners even though a couple have been on a tennis court before. By the end of the class they will have been taught a forehand, backhand, volleys on both sides, and serve, as well a little bit about grips, the lines and different places on the court.

“I’m a big believer in lifetime sports,” Hunter told *Lake Tahoe News* as she watched her students learn to serve. “When they leave my class they have skills. Tennis is something you can do for the rest of your life.”

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## Missing PCT hiker found safe

By Jessica Johnson, Sacramento Bee

The reported missing hiker from Pacific Crest Trail, Stephen McGuire, 67, was located safe and in good health on Monday, according to park officials.

Winter storms delayed McGuire from progressing along his

planned route

**Read the whole story**

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# Learn about fens at South Shore state park

Jerry Qualls, an internationally known wetlands expert, will lead a walk in Washoe Meadows State Park where he'll talk about fens.

Qualls is an associate professor in the Department of Natural Resources and Environmental Science at UNR.

Participants will find out:

- \* What are fens?
- \* How do they form over thousands of years?
- \* Why are they significant to the health of Lake Tahoe?
- \* How are they under threat now?

Wear comfortable trail walking shoes and bring something to drink. The walk will take about two hours, with frequent stops for observation and learning. It will be on June 3 from 10am-noon.

RSVP to [LCPaulson@comcast.net](mailto:LCPaulson@comcast.net) to get directions on where to meet.

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# Hikes at Spooner Lake to focus on wildflowers

There will be four ranger led hikes at Spooner Lake in June.

This area on of Nevada is home to more than 100 species of wildflowers.

Park entrance fees are waived for event attendees.

Pets are not recommended and children under 16 must be accompanied by an adult. Dress for the weather, wear sturdy shoes or boots, and bring a hat, water, snacks, sunscreen and insect repellent.

Group size is limited to 12 participants. Register by calling 775.749.5980 or emailing [spooner.ranger@gmail.com](mailto:spooner.ranger@gmail.com).

Dates are June 7, June 9, June 13 and June 15. Hikes are from 10ma-noon.

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## Nevada Supreme Court to rule on Walker River

By Daniel Rothberg, Nevada Independent

In 1902, a rancher by the name of Henry Miller – known as the “Cattle King of the West” – brought a lawsuit against Thomas B. Rickey, a Nevada farmer, through his Miller & Lux land company. The issue was water rights on the Walker River, and the fight between the rival ranchers set up more than a century of litigation over a waterway that originates at the

edge of Yosemite National Park in California and flows through Nevada to its terminus, Walker Lake.

The case ended in 1919 with the “Rickey Decree,” which split the river among 151 users.

But that decree spawned a new case in 1924, when the federal government moved to establish water rights for the Walker River Indian Reservation. That docket remains active to this day, and last week, the 9th Circuit Court of Appeals issued a ruling that places a key water rights issue before the Nevada Supreme Court. The question is whether the state, under what is known as the “public trust doctrine,” could reallocate water rights to restore the ecology of Walker Lake even if doing so could harm the existing water rights of upstream farmers and ranchers. The public trust doctrine dates back to the Roman legal system, and it states that governments have a responsibility to preserve and protect natural resources for the public.

**Read the whole story**

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## **Paraglider rescued from Mt. Rose**

**By Anjeanette Damon, Reno Gazette-Journal**

Crews rescued an injured paraglider from a mountainside off of Mt. Rose Highway on Monday afternoon.

The man was originally 200 feet below the highway near the Silde Mountain Trailhead, after crashing into the mountain while paragliding, crews said.

**Read the whole story**

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## **PCT hiker reported missing**

**By Jessica Johnson, Sacramento Bee**

A 67-year-old experienced backpacker who has been on the Pacific Crest Trail since March has gone missing.

Stephen McGuire of Washington state was last seen on May 18 by another hiker who was concerned that McGuire looked tired and was low on food.

When McGuire didn't pick up his planned food resupply in Mammoth, concern grew and he was reported missing May 23.

**Read the whole story**

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## **Outdoor recreation powers Lake Tahoe economy**

**By Susan Wood**

"In or out?" This was the question posed by many mothers to their children in respect to the opening and closing of their home's front door.

It appears these kids grew up opting for the outdoors – opening the door to growth in the lucrative outdoor recreation market now measuring at least \$373 billion by the federal

Bureau of Economic Analysis.

With Lake Tahoe being an outdoor paradise, the lifestyle is the norm for the two states it straddles.

From fishing charters and coolers to e-bikes and smaller backpacking gear, the stuff we do and carry has created a big business to shops catering to enthusiasts on all four sides of the lake and Reno.

“The desire for people to get outdoors is strong. We get mothers who have had their kids, and it’s opened a window for a whole new market,” said Jared Lopez, the gear guru at REI in Reno. “There’s definitely something going on.”

Lopez made the case for basing the outdoor gear giant’s surge in growth to people wanting to escape being a slave to their electronic devices. It seems the manufacturers have answered the call.



Fly fishing guide Matt Heron never gets tired of his sport. Photo/Keith Brauneis

For those needing power, solar generators by Goal Zero are compact and energy efficient in a 150-watt package starting at

\$199 retail. This represents an ideal alternative to the noisy, stinky, clunky gas-powered versions.

REI can barely keep up with the demand for Yeti coolers that are bear resistant – a must for car campers and fishing enthusiasts. The big-boy Tundra model at 160-liter capacity often sells out and could put you out \$350 retail.

The Roadie is smaller with a handle but can still support a person standing on top of it.

“A lot of fishermen have to stand on coolers to get a cast,” Lopez explained.

Fly fishing tour guide Matt Heron has found his sport “tagged the rich old man’s sport” is no longer just that as it’s changed into new generations and genders.

The Truckee River guide has seen his North Shore business grow. In 12 years, the season starting in May has increased from an average of one person a day to 12.

“There’s a better quality product for entry level anglers, and more people can afford it,” Heron said. Some of these people can pop over \$500 for the right rod, now wrapped in a flexible graphite.



MSR stoves come with radiant heat, so no problem with wind. Photo/Susan Wood

Heron recently took out two first-timers who had the time of their lives. The two women represent Resort Mountains Cities, a 29-year-old destination management company that appeases clients seeking outdoor adventures.

As if Heron ordered it, both women landed fish right away.

"It's pretty magical out there," RMC saleswoman Stacie Krenicki told *Lake Tahoe News*. "We're always in a rush. When you're fishing, you have to calm down and relax and be yourself."

Her colleague in RMC operations, Jaime Haddad, was shocked by how much she enjoyed the sport.

"I would have been out there all day. I truly have the bug," said Haddad, who clad in chest-high waders caught a 20-incher.

In California, outdoor recreation generates \$92 billion in consumer spending, according to a 2017 report by the Outdoor Industry Association. Over the border, OIA states Nevada spurs

\$12.6 billion in purchases. Much of this figure comprises receipts for outdoor gear.

After all, Nevada Travel's mantra is "Don't fence me in."

The same thing could be said for quantifying the industry totaling \$887 billion in size. The OIA used a methodology that included touring companies, travel expenses and outdoor gear made here and overseas.



SUP Tahoe owner Brandon Miller has a fleet of VESL boards to show off. Photo/Susan Wood

The BEA's figure is less than half that because it chose not to factor in travel expenses on recreation trips less than 50 miles from home and gear manufactured outside the country.

Even with the discrepancy, U.S. officials have discovered an often-overlooked means of consumer spending that comprises 2 percent of the U.S. Gross Domestic Product – something Tahoe recreation-oriented businesses have long known about.

According to the OIA study, over half of residents in Nevada's 2nd Congressional and California's 4th Congressional District

where Tahoe lies on the map participate in one of the activities that consist of fishing, backpacking, climbing, hunting and cycling.

South Lake's Tahoe Sports Ltd. has launched a fleet of e-bikes in the hopes of expanding on its human-powered variety. Owner Mark Gandt is giddy with excitement over the new German-inspired technology. One lithium battery charge can power the 20-speed, pedal-assist Haibike for 30 miles.

"This is the future," he said, comparing it to the fat ski evolution. "It's the biggest change in the sporting goods industry in years."

Pedaling can easily prompt the bike to travel 30mph. Like cycling technology overall, the price range isn't for the faint of heart, running between \$2,500 and \$6,000.



Carabiners are lighter in weight, but more durable. Photo/Susan Wood

At age 83, retired South Lake Tahoe surgeon Larry Foster didn't hesitate popping that much at the South Lake Tahoe shop.

"I've been mountain biking for 40 years. Once I turned 60, I can no longer make it up the high country trails. The e-bike allowed me to go back to my old trails," he told *LTN*.

Traditional mountain bikes have still ruled the pedaling market. These days, the rage there lies in full suspension bikes to overcome the shock of hard objects encountered. Tahoe's steep hills also require a quick release on the seat post – up for the ascent, down for the descent.

"People come from all around the world and want to ride our terrain," said Russ Stewart of Village Ski Loft. The Incline Village shop offers several demos and rentals.

Tahoe adventure seekers who pound the trail may also take solace in technological breakthroughs with hydrophobic sleeping bags, in which every feather is treated. Plus, the pads they sleep on are twice as thick but weigh the same as those from four years ago – 1 pound, 5 ounces, Tahoe Sports Ltd. gear hound Jay Sell noted.

Backpacks have gotten lighter with larger capacities too and adjustable holes for better fitting.

Stoves have become more efficient by using radiant heat. The MSR Windburner even comes equipped with a pot at \$159 suggested retail.

Climbers will also find carabiners are now lighter yet stronger for building rope anchors and confidence belaying off them. With just a small addition of a metal piece planted at the carabiner opening, a swift bang on a rock won't open the device.

From rock to water, outdoor gear has changed dramatically over the last five years.

With that revolution, paddleboards have surged in popularity. One obstacle remains the price for the new sport.

The early adopters who took up the sport back then are now graduating from a beginner board to more of a touring board that allows them to go farther without breaking the bank.

“Many people going on the second board want something with enough volume that’s stable, but 95 percent of these people are price conscious,” SUP Tahoe owner Brandon Miller told *Lake Tahoe News*. That’s why the South Lake Tahoe business provides 11-, 12- and 13-foot VESL boards this summer to find that happy medium between speed and stability – ones sold for under \$1,000.

“It’s a balancing act,” he said.

Balancing is something Dax Willards is hoping will catch on quickly as he sells and rents the Onewheel at his West Shore shop. Billed as an alternative to a skateboard, a user propels forward with simple weight shifts. The one center wheel is durable enough to handle the rocks and ruts of Tahoe terrain. It retails for \$1,499.

Lake Tahoe South Shore Chamber Chief Executive Officer Steve Teshara hopes the feds will invest in the infrastructure since studying the industry’s merit.

“It’s great the federal government recognizes outdoor recreation now, but it’s critical (it) puts the emphasis on operations and management and invests in it,” Teshara said.

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## Efforts failing to save U.S. West sagebrush land

By Keith Riddler, AP

BOISE, Idaho – Public lands managers are losing a battle against a devastating combination of invasive plant species and wildfires in the vast sagebrush habitats in the U.S. West that support cattle ranching and recreation and are home to an imperiled bird, officials said.

The Western Association of Fish & Wildlife Agencies in a 58-page report released this month says invasive plants on nearly 160,000 square miles of public and private lands have reached enormous levels and are spreading.

That could mean more giant rangeland wildfires that in recent decades destroyed vast areas of sagebrush country that support some 350 species of wildlife, including imperiled sage grouse.

**Read the whole story**

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## **Debate turns ugly as Tahoe snowmobilers fear forest closures**

**By Benjamin Spillman, Reno Gazette-Journal**

The debate over snowmobile access in the Tahoe National Forest has taken an ugly turn with a spate of emails, social media posts and online comments filled with foul and abusive language.

Several people pushing for more restrictions on snowmobiles in the 800,000-acre forest that straddles the Sierra Crest have been the targets of online abuse.

The problem has gotten bad enough that Forest Service

officials disabled a portion of the online comment system when they suspected people used it to target other commenters with nasty emails.

**Read the whole story**