

# COMMUNITY

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## Day hike the Tahoe Rim Trail in 2010

### STAFF REPORT

The Tahoe Rim Trail Association still has spots left in their 165-Mile Segment Hiking Program for the summer of 2010.

In the 165-Mile Segment Hiking Program participants will hike one section of the Tahoe Rim Trail every week for a total of 9 day hikes or 7 day hikes and a backpacking trip. All hikes are guided by our fully trained and competent volunteer guides, and the hiking group will be composed of the same people every week.

Upon finishing the program, participants will be inducted into the 165-Mile club, receive a hat, t-shirt and pin, and a lifelong membership number.

The TRTA shuttle will transport hikers from the ending trailhead to the start of the hike, so at the end of the day, there's no need to worry about that extra drive to get back to the car. The \$500 fee for the 165-Mile Segment Hiking Program helps the TRTA provided educational programs and maintain and enhance the trail.

The hikes start on either June 18 or June 19 and finish with the backpack on Aug. 13 to Aug. 15 or the last dayhike Aug. 21.

Space is limited. For more information or questions please call Mila Dunbar-Irwin at (775) 298-0238 or e-mail programs@tahoerimtrail.org.



Greyson Howard / Tribune News Service

**A group pauses to take pictures of Lake Tahoe during a trip down the Tahoe Rim Trail.**

## Hike for Health grand finale celebration Sunday

### STAFF REPORT

GARDNERVILLE, Nev. — The Carson Valley Trails Association will celebrate the conclusion of the monthlong Hike for Health Trails Challenge fundraiser with a family barbecue from 11 a.m. to 2:30 p.m. Sunday at Lampe Park in Gardnerville. The Trails Challenge, a fundraiser for the Genoa Foothill Trail System project, gave participants the opportunity to engage in healthy outdoor activities and learn more about Carson Valley area trails.

The barbecue menu includes barbecued tri-tip, baked beans, coleslaw, bread and dessert. Beverages will be available for purchase. Advance purchase tickets are \$8 for adults, \$4 for children age 12 and under. Tickets purchased at the event will be \$10 for adults, \$6 for children. Cash or check only will be accepted. Live music for the event will be performed by Foothill Road. To purchase tickets, contact Chic and Sue Moxley at (775) 265-0766.

Two guided hikes and a trail run are scheduled during this final weekend of the Hike for Health Trails Challenge. On Saturday, hikes will explore the Jacks Valley/Indian Hills area and the Grover Hot Springs Trail at Grover Hot Springs State Park. For details about meeting times and locations, visit the CVTA website at [www.carsonvalleytrails.org](http://www.carsonvalleytrails.org). The trail run will include 5K and 10K loop runs on the Fay-Luther Trail starting at 9 a.m. For more information about the trail run, contact Nicole Johnston at (775) 901-1177 or [sierraceandrunning@gmail.com](mailto:sierraceandrunning@gmail.com). The hikes and the trail run are open to registered Hike for Health Trails Challenge participants.

The Carson Valley Trails Association is a nonprofit, volunteer-based organization working with partners to provide access to public lands through a recreational trail system.

### COMMUNITY BRIEFS

#### Green Party to host roundtable discussion

The Lake Tahoe Green Party will host a roundtable forum focusing on environmental issues from 5-7 p.m. today in the Aspen Room at Lake Tahoe Community College, 1 College Drive.

The discussion will focus on the conservation of Lake Tahoe and the surrounding areas. Several local groups will be present.

Call (530) 541-7729 for information.

#### South Tahoe Ice Arena to offer curling clinic Saturday

The South Lake Tahoe Ice Arena will offer another curling orientation and clinic from 1-3 p.m. Saturday at the arena, 1176 Rufus Allen Blvd.

Curling is a sport similar to shuffleboard played on ice. Although it is often played with significant strategy and skill, it can be enjoyed by all ages after a short lesson.

Prepare yourself by visiting [www.curlingbasics.com](http://www.curlingbasics.com) to learn the fundamentals of the game. Cost is \$12 and enrollment is limited. Register in person at the arena or call (530) 542-6262.

#### Tahoe Youth & Family Services expands treatment services

Tahoe Youth & Family Services has announced that the nonprofit will now be offering substance abuse treatment services to adults of all ages in its Gardnerville office.

For information, all (775) 782-4202 or visit [www.tahoeyouth.org](http://www.tahoeyouth.org).

#### Community notes

Information for community notes comes from local contributors. If you have community information you'd like to share, email Roseann Keegan at [rkeegan@tahodailytribune.com](mailto:rkeegan@tahodailytribune.com)



## Suicide support group offered in Douglas

### STAFF REPORT

MINDEN, Nev. — The Suicide Prevention Network of Douglas County is beginning a support group June 1 for anyone who has considered or attempted suicide.

"Recapturing Resilience" will meet from 6 to 7 p.m. the first Tuesday of each month at the Suicide Prevention Network office, 1702 County Road, Suite A, Minden.

"Have you ever felt lost, alone, different, depressed, needing someone to talk with who could relate to how you're feeling or someone who has experienced similar feelings?" asked facilitator Orita Keebaugh. "Have you ever felt so hopeless that the only thing you could think about was committing suicide?"

Keebaugh said participants in the group "will be welcomed by people who can relate to how you're feeling. You will be able to talk openly with others and share a commonality that will help both of you get to a better place with yourself, your feelings and maybe a better understanding of what is happening."

"Everything is confidential," Keebaugh said. "Come and tell your story and share with other people who need to talk just like you do."

The Suicide Prevention Network also offers a support group 6-7 p.m. the first and third Thursdays of the month at their office.

For information, contact Keebaugh or Executive Director Debbie Posnien at (775) 783-1510.

## Zephyr Cove schools annual spring auction set for Saturday

Saturday's spring auction to benefit Whittell High School and Zephyr Cove Elementary School will celebrate Whittell High's 50th anniversary.

The event will be at 6 p.m. at MontBleu Resort Casino & Spa and will include a silent auction, a wine toss, a fast-paced live auction featuring nostalgic items, dinner, dancing and more.

Last year's event distributed \$40,000 directly into the classrooms with technology.

Proceeds raised will benefit the students at both Whittell High School and Zephyr Cove Elementary School. For more information and tickets visit [zceswhittell.schoolauction.net/50ways/](http://zceswhittell.schoolauction.net/50ways/) or call (530) 307-8658 or e-mail [lv2plan@aol.com](mailto:lv2plan@aol.com).

# Best of Tahoe

2010

We simply want the best

Cast your vote for this year's Best Of Tahoe online at [tahodailytribune.com/bestof](http://tahodailytribune.com/bestof)

Voting ends June 2, 2010

You can also stop by our office to vote!

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