Gastrointestinal lecture

Susan Frailey, a registered nurse in South Lake Tahoe and author of “More Alive Now: Simple Nutrition to Change Your Life,” will be joining fellow faculty members speaking at the University of Nevada School of Medicine 18th Annual Alimentary Update.

Frailey will be speaking on “Innovative Nutrition for Gastrointestinal Health” and “Colon Hydrotherapy: Applications for Gastroenterology” on March 25 at 9am at Harveys in Stateline.

For more information on the event, go online.

Nevada’s Rural Roundup

Nevada’s statewide rural tourism industry will gather in Mesquite April 6-8 for the 21st Annual Rural Roundup conference in Mesquite to learn the latest trends in developing new markets and attracting more visitors from places far and near, including Las Vegas.

NCOT produces the conference, which will be at the CasaBlanca Resort-Casino-Golf-Spa. Registration day, April 6, includes an optional golf tournament in which visiting travel writers from the United Kingdom will participate, a walking tour of Mesquite and a welcome reception and barbecue at the Mesquite Sports Complex.

Larry Friedman, NCOT’s interim director, said this year’s conference includes tips from three tourism industry partners who successfully tapped into the massive Las Vegas market to

attract visitors to their communities.

Rural Roundup registration fees are $65 through March 21 and $80 afterward. To register, go online.

Workshop for small farms

“You can grow it, now sell it” is the message of Western Nevada College Specialty Crop Institute’s workshop for small farms. The workshop is April 2, 9am-5pm at the WNC Carson City Campus, 2201 West College Parkway.

Cost is $35 if registered by March 23 or $45 if registered after March 23.

Lunch is included and seating is limited.

With increased demand for local food, more farmers are building hoop houses to increase their food production and extend their growing season. New sales strategies need to be developed for yearlong sales that extend beyond the traditional summer harvest season. The workshop explores several sales and marketing options, including Community Supported Agriculture, farmers markets, farm stands, restaurants and institutional sales, and forming collaborative marketing groups.

Featured speaker Christof Bernau is garden manager and instructor at UC Santa Cruz, Center for Agroecology and Sustainable Food Systems.

Workshop participants will tour hoop houses at Hungry Mother Organics Farm along with the retail farm stand that opened in 2010. The stand features plant starts, fruit trees, fresh eggs and produce, and products from several local farms.

For workshop registration or details, contact Ann Louhela at (775) 351.2551 or email louhelaa@wnc.edu.

Lake Tahoe’s celebrity golf tournament

July 12-17 is the 22nd annual American Century Championship at Edgewood Tahoe in Stateline.

Tickets are available for advance purchase online beginning April 1. Prices are $15 each day for the Lake Tahoe Celebrity-Amateur on July 12, the practice round on July 13, and for the American Century Celebrity-Amateur on July 14; and $25 for each tournament round, Friday, Saturday and Sunday. A season pass for $60 provides admission for all six days. Kids 10 and under are free with a paid adult.

Discounted tickets for tournament rounds Friday through Sunday will be available starting June 1 at participating Raley’s, Nob Hill and Bel Air Foods supermarkets.

Weekend to Remember marriage getaway

FamilyLife, the global, donor-supported leader in marriage getaways, offers an alternative to divorce – the Weekend to Remember marriage getaway. The weekend event aims to strengthen healthy marriages and heal troubled ones in an

engaging, supportive and non-threatening environment.

The April 15-17 event is at Hyatt Regency in Incline Village.

Tickets are $159 per person or $318 per couple. Group rates are also available.

For more registration information and details, call 800.358.6329.

NHP beefing up patrol for 4 days

Beginning March 17, the Nevada Highway Patrol will be adding additional troopers to the highways to help crackdown on speeding vehicles.

The campaign, in conjunction with the Reno Police Department, Sparks Police Department, and Washoe County Sheriff’s Office is funded by a grant from the Department of Public Safety/Office of Traffic Safety.

The additional staffing will continue through March 20.

In addition to speeding violations, officers will be looking for DUI drivers, as well as seat belt violations.

Lodge to Lodge Kayak

Lodge to Lodge Kayak Adventure from May 19-22.

The expedition starts on the West Shore of Lake Tahoe and is professionally guided, using stable, closed deck, double sea kayaks designed for kayak touring. In addition to thorough instruction, guides will inform you about natural and human history topics such as: wildlife, geology, ecology, and native peoples.

Kayaking is at a leisurely pace, allowing time to see the sites and enjoy the crystal clear water. Each day's paddle starts after breakfast, finishes in the afternoon, and is suitable for beginners.

Evenings are enjoyed with meals at local restaurants.

Pricing starts at $520. Call (530) 913.9212 for more details. Distance is 7-10 miles a day.

South Lake Tahoe library events

South Lake Tahoe branch of the El Dorado County Library has the following free events:

– Bringing Education to Life With Music, March 26 at 2pm

– Sewing Bee: Dress a Girl Around the World, April 9 at 10am

– Meet the Author: Deann Lubell, April 20 at 3pm.

The library is at 1000 Rufus Allen Blvd, South Lake Tahoe.

Library hours are Tuesday and Wednesday 10am-8 pm, and Thursday, Friday, Saturday 10am-5pm.

(530) 573.3185

Learn about being a grand juror

On March 22 at 6:30pm at the South Lake Tahoe Branch Library the Friends of the Library will welcome El Dorado County Judge Steven Bailey who will speak to the duties and qualifications of being a grand juror.

With the deadline to apply to be on the grand jury approaching in May, this is a great opportunity for the public to hear about the process and ask questions. The library is at 1000 Rufus Allen Blvd., South Lake Tahoe.

Refreshments will be served.

Call Gail Kolb with any questions at (530) 545.9195.

Kinder Kup

The Heavenly Ski and Snowboard Foundation will host the Kinder Kup Race Series finals at Heavenly Mountain Resort March 20 from 8am to 2pm.

Open to all skiers and snowboarders age 6 and under as of Dec.

31, 2010, the Kinder Kup series is designed to introduce young athletes to competition in a friendly environment. No previous race experience necessary. Entry is $20 and includes a World Cup only competitor lift ticket.

On-site registration is available the morning of the event at the Heavenly Foundation building from 8am to 9am. Practice begins at 9am, each competitor is allowed two practice runs; the race starts at 10am. Every competitor is awarded a participation medal and a swag bag filled with goodies. Overall champions will be awarded trophies at the final event.

The foundation will serve coffee and bake sale items throughout the morning. The barbecue begins at noon and combos include a burger or hot dog, chips and a drink for a $7 donation to the foundation.