

Career day for high school juniors

The Rotary Club of Truckee continues its tradition of helping local high school juniors maximize their success beyond high school with its Rotary Resource & Career Day.

This year the club has partnered with Tahoe City Rotary and the North Tahoe Public Utility District, which has graciously donated the use of the North Tahoe Event Center in Kings Beach for the event. All 300 juniors in the Tahoe Truckee Unified School District – including students from the three local high schools, Forest Charter School and the three local private schools – are invited to attend the Resource & Career Day at the North Tahoe Event Center on March 25 from 9:30a-2pm. The format features 10 topics essential to juniors and their families as they transition into their senior year and begin focusing on life after high school.

“Fifty-two community volunteers, including Masons, Soroptimists, and Optimists, are working together to help make the event a success for the students,” event organizer Greg McDougall said in a statement. “This is an exciting step toward an essential collaboration between local schools, businesses, and service organizations, not to mention a rewarding event for the students.”

Topics such as “What’s Hot (in the Job Market),” “Show Me the Money” (college funding and scholarships), “Other Options with a Purpose” (Peace Corps, Job Corps, etc.), vocational programs, and dual credit enrollment and personal development programs will be featured. Sierra College and Sierra Nevada College representatives will also be present to answer questions about career training and educational degree options.

The day will involve a scavenger hunt with prizes and food donated by local businesses, including a lunch barbecue.

Call (530) 587.5625 for information.

Cycling performance lecture

Maximizing Your Bike Performance lecture by Jason Collin, a Barton Health physical therapist, certified strength and conditioning specialist and professional bike fitter on July 27.

The hour lecture starts at 6:30pm at Lake Tahoe Community College, Aspen Room, South Lake Tahoe.

For more information, call (530) 543.5656.

Blood drive in South Lake Tahoe

Barton Auxiliary Blood Drive on June 6 from 11am-6pm at the South Lake Tahoe Library, 1000 Rufus Allen Blvd., South Lake Tahoe.

For information, call (775) 588.2376.

Nutrition lecture in Stateline

Barton Health & Wellness Lecture Series presents Nutrition 101: What are you eating? by Lynn Norton, registered dietitian.

The lecture is May 24 from 6:30-7:30pm at Kahle Community Center, 236 Kingsbury Grade, Stateline.

For more information, call (530) 543.5656.

Pedaling to Peak Performance lecture

“10 days to Amgen” Pedaling to Peak Performance Lecture is May 12 from 6-8pm at Embassy Suites Lake Tahoe, 4130 Lake Tahoe Blvd., South Lake Tahoe.

In mid-May, thousands will be pouring into the Lake Tahoe region for the start of the Amgen Tour of California, the largest bike race in the nation. To help kick-off this event, Barton Health will have an informative cycling lecture by physical therapist Jason Collin, avid cyclist, certified strength, conditioning and bike fitting specialist during the “10 Days to Amgen” series.

The lecture – designed for cycling athletes of all levels – focuses on increasing pedaling efficacy and power, improving handling performance, decreasing overuse injuries and saddle soreness, as well as reducing or eliminating back, neck and knee pain. Additionally, the lecture will feature a stretching

and nutrition components to aid in maximizing bicycling performance.

The lecture is free and open to the public.

Rotator cuff, shoulder injury lecture

Rotator Cuff and Shoulder Injury Prevention lecture by Dr. Kyle Swanson of Tahoe Orthopedics & Sports Medicine on April 27 from 6:30-7:30pm.

It's at Lake Tahoe Community College in the Aspen Room, 1 College Drive, South Lake Tahoe.

It is free and open to the public.

For more information, call (530) 543.5656.

Symposium about the spine

Spine Health Symposium with Dr. Michael Fry is part of the Barton Health & Wellness Lecture Series. It is April 16 from 9-11am.

The meeting is at Lake Tahoe Community College, 1 College Drive, South Lake Tahoe.

It is free and open to the public.

For more information, call (530) 543.5656.

Blood drive in South Tahoe

Barton Auxiliary Blood Drive on April 4 from 11am-6pm at South Lake Tahoe Library, 1000 Rufus Allen Blvd.

For more information, call Dan Kerr at (775) 588.2376.

Lecture on osteoporosis and bone health

Barton Health & Wellness Lecture Series – Osteoporosis & Bone Health in the Maturing Athlete on Feb. 22 from 6:30-7:30pm with William Cottrell, Barton osteoporosis and bone health specialist.

The lecture is at Kahle Community Center, 236 Kingsbury Grade, Stateline.

It is free and open to the public.

For more information, call (530) 543.5656.

Manager as Coach seminar

North Lake Tahoe and Truckee Donner chambers of commerce in partnership with the Sierra Human Resources Association are offering "The Manager as Coach" Feb. 17 from 8:30-11:30am at Cedar House Sport Hotel, 10918 Brockway Road in Truckee.

This workshop is designed to bolster leadership effectiveness, including how best to deliver feedback, correct behavior and how to conduct an effective performance review. Attendees will learn the tools and take away the confidence to take appropriate action.

Registration is \$59 for North Lake Tahoe Chamber of Commerce and SHRA members and \$69 for non-members. Seating is limited.

To register and for more information about the workshop, call Laura Moriarty at (530) 573.0224 or North Lake Tahoe Chamber of Commerce Manager Kym Fabel at (530) 581.8764.