

Cowboys wax poetic

Genoa's Cowboy Poetry & Music Festival will feature a wide lineup of entertainers who can tell a story with song and amusement.

The event will go on May 5-8. One may learn more by visiting www.cowboypoetrygenoa.com or calling (775) 782.8696.

Eating as a vegetarian

"Eating Well the Vegetarian Way" is the subject of a talk on April 27 at 6:30pm at the El Dorado County Library in South Lake Tahoe by Lynn Norton, a registered dietitian with 25 years under her belt.

Norton will discuss various vegetarian diets, as well as their health benefits and potential risks. The program, which is sponsored by the Friends of the Library, is free. Refreshments will be served. Call (530) 573.3185 for additional information.

Who's the strongest of them all?

More than 100 CrossFit members from Northern California and Nevada will compete to find the world's strongest man and woman.

The benefit, which is scheduled from 8am to 5pm on April 16, will be staged at South Tahoe CrossFit at 2050 Dunlap St. in South Lake Tahoe.

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Let's talk steam power

Local historian Carol Etten will discuss steam-powered marine transportation in Lake Tahoe for an Explore Tahoe free talk scheduled for April 7 at 6pm at the Heavenly Village, Stateline Transit Center.

Guest speaker brings Unity in

soulful concert

Unity at the Lake hosts singer, songwriter, pianist Kathy Zavada at the South Lake Tahoe Senior Center for an inspirational talk and concert on May 1.

The ceremonies start at 10am. A donation of \$15 to \$20 is suggested.

Call (530) 544-2266 for more information.

Alternative health talk on tap

South Lake Tahoe AAUW will host Dr. Jenifer Norris, a family medicine practitioner with Alpine Family Practice and Barton Memorial Hospital who is also trained in acupuncture.

Norris will discuss her understanding of the practice and its place in medical care on April 9 at 10 am at the Aspen Room, Lake Tahoe Community College.

For more information, call 530-541-2799 or email slocumsrus@msn.com.

Go to the wild

The Wild & Scenic Film Festival On Tour at the Tahoe Center

for Environmental Sciences on April 19 and Resort at Squaw Creek on April 22.

Each screening offers a unique package of films and will begin at 7pm. The festival was started by the watershed advocacy group, the South Yuba River Citizens League (SYRCL) in 2003. For more information, call (530) 265.5961.

Ski with the pros

Northstar's Tahoe Cross Country Center, which will be open through May 1, invites the public to ski with Olympians on April 14.

A masters clinic is planned for 1:30pm-3:00 and the juniors version at 3:30pm. On hand will be three U.S. skiers who compete at the World and Olympic level: Kikkan Randall, Kris Freeman, and Andy Newell.

The cost is \$40 per person plus afternoon trail pass. Those interested may register at www.xcski.org.

Family day for good health

Barton is hosting a free family day at the South Tahoe Middle School multi-purpose room on April 30 from 11am to 3pm.

The event features 30 interactive health-related activities and screenings by Barton Health and other local health-related businesses and nonprofits.

A health fair is included and the CALSTAR helicopter air ambulance will be on hand. For more information, visit www.bartonhealth.org/events.