

# Free flu shots in S. Lake Tahoe for children

To help the Lake Tahoe community stay healthy this season, Barton Health is providing free seasonal flu vaccines to children ages 3 to 18 who reside in South Lake Tahoe.

The shots will be given Nov. 5 from 9am-1pm at Barton Family Medicine (1090 Third Street, South Lake Tahoe).

Anyone 19 and older may receive the flu vaccine for \$20 and the pneumonia vaccine for \$35.

There is no appointment necessary to receive the vaccination(s); individuals will be treated on a walk-in-basis.

Both vaccines are reimbursable for standard Medicare patients. Medicare HMOs cannot be billed.

Questions can be emailed to [publicrelations@bartonhealth.org](mailto:publicrelations@bartonhealth.org) or call (530) 543.5615.

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## Snippets about Lake Tahoe



- Andre Tyson, aka rapper Dreda Dre, will be back at his alma mater Nov. 16 giving away thousands of dollars worth of clothes. He was at South Tahoe High a year ago doing the same thing.

- Design Workshop, an international landscape architecture,

land planning, urban design and strategic services firm, won three American Society of Landscape Architects Professional Awards. Design Workshop's three awards were among the 37 ASLA Awards given this year out of more than 567 award nominations submitted.

- Lake Tahoe Community College's fall play is "Distracted". Performances in the Duke Theatre are Nov. 12 at 8pm, Nov. 13 2pm, Nov. 17-19 8pm, and Nov. 20 2pm.

- The Reno Tahoe Winter Games Coalition relaunched its website.

- With the state selling bonds this fall, \$2.2 million will be coming to South Tahoe High in November for the Sports Medicine Academy. Construction could start next year.

- Here is the Caltrans Sierra roadwork schedule and El Dorado-Tahoe schedule for next week.

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## Lake Valley fire looking for board member

Lake Valley Fire Protection District is looking to appoint a board member at its Nov. 10 7pm meeting to fill the director-at-large vacancy.

All applications should include a statement of interest and a resume. The applicant must be a resident and a qualified elector within the district. All applications (including mailed applications) must be received by 5pm Nov. 4.

Board meetings are monthly.

For more information, call (530) 577.3737.

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## Tips for a safe Halloween

I would like to encourage everyone buying costumes for Halloween to check the labels and make sure they are made of flame retardant materials. Materials made of 100 percent polyester are best suited for Halloween costumes.

These costume materials may be purchased at most local fabric stores.



The use of commercial flame retardant sprays is not recommended.

Avoid Halloween costumes that are loose or baggy to prevent fabric from coming in contact with any open flames. Children should carry flashlights or use battery operated lights.

Jack-o-lanterns that have an open flame device should be placed up off the ground so that long or full costumes and young trick-or-treaters' hands cannot come in contact with the flames. The use of masks which obstruct vision should be avoided.

Costumes should incorporate reflective tape in their design so children can be easily seen at night.

Trick or Treat while it's still light outside, and stay in your neighborhood, visiting only the homes you know. Finally, always check your children's candy before allowing them to eat

any of it.

Have a fun and safe Halloween.

– Sallie Ross-Filgo, SLTFD

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## Snippets about Lake Tahoe



- Hyatt Regency Lake Tahoe expects its \$20 million renovation of its guestrooms, Sierra Café and the Spa Terrace Conference Center to be done by the end of April.
  - Squaw Valley has hired Jessica Richitelli as the resort's terrain park manager.
  - The 2012 Reno-Tahoe Open will use the same scoring system the American Century Championships uses – Modified Stableford.
  - The annual Tahoe City Cross Country Fall Cleanup Day is Oct. 29 from 10am-2pm. Free lunch for volunteers.
  - Placer County is collecting old medications on Oct. 29 from 10am-2pm at the Tahoe City Fire Department, 300 North Lake Blvd.
  - Heavenly and Northstar are Tweeting that the snowmaking guns will be fired up today for the first time this season.
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# Fundraiser to help South Tahoe family

Carlos Loyola, a longtime employee of the Fresh Ketch restaurant and member of our South Lake Tahoe community, has inoperable cancer and his family (young wife, and 2-year-old daughter) need help.

The Ketch a is having a benefit Oct. 26 at 7:30pm.

Tickets are \$10, which includes a raffle ticket.

There will also be drink specials, food specials, silent auction, door prizes.

For those who cannot make it and want to help the local family, make checks out to: Carlos Loyola and either drop off at the Fresh Ketch, or mail to: Fresh Ketch, 2435 Venice Drive, South Lake Tahoe, CA 96158.

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## Halloween happenings at Kahle Community Center

Celebrate the spirit of make believe, a sense of community and “Spooktacular” happenings all under one roof at Kahle Community Center on Halloween.

Festivities include carnival games, ooey gooey station and lots of treats for a “bootiful” fun, safe and “ghoulishly” good time for all ages.

The event is Oct. 31 from 4-6:30pm. Come dressed in a costume

and bring an empty bag for treats.

Kiwanis of Lake Tahoe Sunrisers sponsors this event.

To volunteer to help or for more information, call Kahle Community Center at (775) 586.7271.

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## **Veterans Tribute Concert at STMS**

Veterans Tribute Concert features 200 students from the Lake Tahoe Unified School District Performing Arts Program.

The free concert is Nov. 10 starting at 7pm in the multipurpose room of South Tahoe Middle School.

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## **Caution urged when having fires inside**

The colder days and nights of autumn remind us to get ready for indoor fire safety. Be extra cautious with wood stoves and fireplaces and keep anything that will burn at least 3 feet away.



Have your chimney inspected or cleaned every year. Don't use large amounts of paper or cardboard to build a fire in your fireplace or wood stove.

Never burn charcoal indoors because burning charcoal gives off the poisonous gas carbon monoxide.

Finally, don't use flammable liquids to start or add to a fire that is already lit.

– Sallie Ross-Filgo, SLTFD

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## Tahoe Rim Trail celebrating 30 years

Tahoe Rim Trail Association's 30th anniversary annual meeting celebration is Nov. 5 at the North Tahoe Event Center in Kings Beach.

The event includes an online auction as well as a silent auction, buffet-style dinner, membership meeting, and presentation of volunteer awards.

The meeting begins at 5pm with a silent auction and cocktail hour. After the cocktail hour will be a buffet-style dinner, presentation of volunteer awards, and a historical presentation of the association's 30-year history. Space is limited.

The online auction is open Oct. 24-Nov. 12.

The cost for the annual meeting/dinner is \$35 per person  
\$60/couple through pre-registration online.