Did you spring forward?



You might be late for wherever you're supposed to be if you didn't set your clock forward one hour as daylight saving-time began at 2am today.

First Aid for Public Safety Personnel class

Sign-ups are going on now for an American Red Cross class, First Aid for Public Safety Personnel (Title 22) at the South Lake Tahoe Parks & Recreation Swim Pool Complex. This class is required for all California lifeguards and is valid for three years.

The class runs Sundays May 23 and May 30 from 8am-5pm on both days at the recreation complex. Students must be current in CPR/AED for the Professional Rescuer.

Cost is $20 for the course – due at sign up, a separate $5 (cash or check) is due to the instructor the first day of class. Course includes worksheets and certificate.

Register for all classes at the South Lake Tahoe Recreation & Swim Pool Complex.

If you have any questions, call (530) 542.6056 or drop by the Swim Pool Complex at 1180 Rufus Allen Blvd.

Bowl-a-thon supports SLT Women’s Center

2nd annual South Lake Tahoe Womenâ€™s Center Bowl-A-Thon is April 17 from 5-7pm.

Bowl to raise funds for local Sexual Assault Response Team (SART) during Child Abuse and Sexual Assault Awareness Month.

Adults and children over 12 are invited to participate. No bowling skills are required. All you need is the willingness and enthusiasm to raise money. Team registration ends April 9.

Create and sign up your team of six bowlers by contacting Sarah Sanchez at (530) 544.2118.

Hands-on science expo for kids

Lake Tahoe School is partnering with UC Davis Tahoe Environmental Research Center to host the 5th Annual Science Expo on March 19 from 4-7pm.

This yearâ€™s Expo has been designed to foster studentsâ€™ excitement for and academic interest in science. There will be 20 â€œhands-onâ€ physical science investigations and experiments that focus specifically on the dynamics of energy and matter.

Admission is free. This is good for elementary-age kids.

Location: Tahoe Center for Environmental Sciences, 291 Country Club Drive, Incline Village, on the Sierra Nevada College campus.

For more information, call Lake Tahoe School at (775) 831.5828.

KTHO – Ask the TRPA



Call in to KTHO FM 96.1/AM-590 (530.544.8255) this morning starting at 10:15 when *Lake Tahoe News* Publisher Kathryn Reed moderates the Ask the TRPA radio show. Or listen online at www.kthoradio.com.

Lifeguard training at SLT rec center

Lifeguard-first aid and CPR/AED class begins March 29 and continues on Sundays, April 11-May 2.

Cost is $165 at sign up and a separate $10 is due at the first class. Fee includes book, hard case with mask and certificates.

Students must be a minimum of 15 years old before the last day

of the class and be able to pass the pre-skills tests: 300-yard swim and timed 40 yard deep water 10 pound brick retrieval and exit from pool without using assistance. The pre-skills must be passed on the first class to be able to continue the course. This is not a-learn-to-swim class.

Space is limited.

All classes are American Red Cross and successful completion will include the Lifeguard /First Aid and CPR/AED for the Professional Rescuer certificates.

To register, drop by the South Lake Tahoe Parks & Recreation Complex at 1180 Rufus Allen Blvd. For more information, call (530) 542.6056 or click here.

Snippets about Lake Tahoe



Kathay Lovell

â€¢ South Lake Tahoe Mayor Kathay Lovell was a guest of Maria Shriver, Californiaâ€™s first lady, on March 4 at a womenâ€™s conference celebrating Womenâ€™s History Month.

â€¢ Stateline kids Drue and Logan Chapman have lead roles in the play â€œReally Rosieâ€ at Carson City’s Brewerey Arts Center. Dates-times are: March 27 at 7pm, April 1 at 7pm and April 3 at 2pm.

â€¢ South Tahoe High School grad Jon Scott Ashjian is challenging Harry Reid for his Senate seat in Nevada.

â€¢ Brooke Williamson and Brian Switzer of Simplicity Salon in South Lake Tahoe are offering the Brazilian Blowout â€“ a professional smoothing treatment that improves the health of hair. (530) 543.0868

â€¢ *Edible Reno-Tahoe* magazine hit newsstands March 6.

Stories and crafts at Zephyr Cove library

The Douglas County Public Library Lake Tahoe branch presents Saturday Stories and Crafts on March 27 at 1pm. Miss Carol will read Easter stories. Children ages 3 and up will make a craft; young children should be accompanied by an adult. Sign-up by March 26.

The Lake Tahoe branch of the Douglas County Public Library is located at 233 Warrior Way in Zephyr Cove.

For more information call (775) 588.6411.

Prescribed fire on West Shore

USFS Fuels Management crews are planning a small prescribed fire project in the Glenridge area along the West Shore on March 9. This project is 1 acre.

Residents and travelers can expect to see smoke from prescribed fire project areas.

This and other prescribed fire projects are designed to reduce wildfire risks to communities and critical resources. Smoke management is part of every prescribed fire burn plan, and efforts will be taken to reduce actual or potential smoke impacts on community areas.

Meyers kindergarten applications are out

Lake Tahoe Environmental Science Magnet School in Meyers is accepting applications for the 2010 Kindergarten lineup.

A lottery will be conducted during the second week of April to determine acceptance.

Stop by the school office at 1095 San Bernardino Ave. in Meyers before March 31 to fill out a short form. Your child must turn 5 before Dec. 2, 2010, to be eligible for kindergarten.

The annual Kindergarten Round-up Registration will take place sometime in April or May.