

Snippets about Lake Tahoe



- South Lake Tahoe pro snowboarder Elena Hight shares these ab workouts with *Women's Health* magazine.

- Former South Tahoe High grad Chris Grant has been fired as general manager of the Cleveland Cavaliers.
- Here is the Sierra roadwork schedule from Caltrans.
- South Lake Tahoe Family Resource Center will be hosting a mental health forum Feb. 13 from 6-8pm.
- Elephant Revival will be at Crystal Bay Club on March 8 at 10pm. Cost is \$15 in advance, \$18 at the door. For info, call (775) 833.6333.