

Celebrity sightings not confined to golf course

By Kathryn Reed

While it might seem obvious the celebrities are on the golf course, they aren't there 24/7.

Stop by the pro shop at Edgewood Tahoe between now and the final day of the American Century Celebrity tournament July 17 because they shop just like everyone else.



Edgewood Tahoe is not the only place to find celebrities this week in Tahoe.

Photo/LTN

Hanging out at the host hotels – Harveys and Harrah's – is another place to star gaze.

Party with Arty moves into the South Shore Room on Thursday for a free show. Last year was the first time this happened and it was a big hit, according to casino spokesman John Packer.

“(Charles) Barkley and other suspects got up on stage and sang

and danced,” Packer said.

That all starts at 9pm.

Party with Arty will be at his usual Center Stage location in the Stateline casino tonight and Friday. All shows are free.

“It’s a good place to do celebrity sighting off the golf course,” Packer said.

Concert benefits LTCC music department

Lake Tahoe Community College’s music department’s “Music of the Night” fundraiser concert features music from the Broadway musicals “Phantom of the Opera” and “Jekyll and Hyde” on July 23 in the college’s Duke Theatre.

The concert will feature LTCC music instructor Mark D. Williams and friends.

Tickets are \$15 general admission and are available at the door or in advance. Email Williams@ltcc.edu for tickets or information.

The concert starts at 8pm.

Proceeds go toward the music department’s purchase of a concert grand piano.

Academy trains people for disaster preparedness

El Dorado County Sheriff's Office of Emergency Services CERT Program began in 2007 with overwhelming success. To date, more than 150 individuals have received training.

The CERT concept is based on increasing disaster preparedness awareness within El Dorado County by having a group of trained individuals capable of assisting themselves, their families and their neighbors in the event of a disaster.

CERT training promotes a partnering effort between local emergency services and the people they serve. The goal is for emergency personnel to train members of neighborhoods, community organizations, or workplaces in basic response skills.

CERT members are then integrated into the emergency response capability for their area. If a disastrous event overwhelms or delays the community's professional response, CERT members can assist others by applying the basic response and organizational skills that they learned during training. These skills can help save and sustain lives following a disaster until help arrives.

Upon successfully completing the training and application process, people will be registered as a CERT volunteer with the El Dorado County Sheriff's Office. Registered volunteers are required to participate in monthly disaster preparedness training activities to maintain their volunteer status.

2011 training schedule for CERT Academy:

Sept. 16, 6-10:00pm, Emergency Preparedness and CERT Organization

Sept. 17, 8am-5pm, Fire Safety, Medical Operations

Sept. 23, 6-10pm, Light Search and Rescue, Disaster Psychology

Sept. 24, 8am-5pm, Terrorism, Course Review, Disaster Simulation

Training is at the El Dorado County Sheriff's Office Training Room, 330 Fair Lane, Bldg A., Placerville.

If interested in attending the CERT Academy, contact Bob Todd at (530) 644.6955 or tcharles_2@netzero.net.

Fundraiser helps South Shore animals

The Animal Coalition of Tahoe has been working hard since the Mutt Strut in October – raising funds raffling several snowboards during the long winter, issuing more than 40 spay-neuter vouchers to bring the total in the past seven years to more than 1,500.

The next fundraiser (dinner and drinks) is July 19 from 6-9pm at the Flight Deck restaurant at the Lake Tahoe Airport.

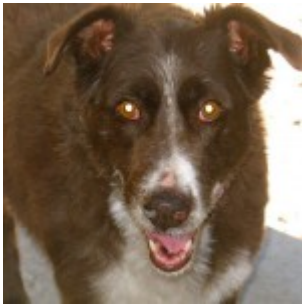
A portion of the proceeds will benefit ACT's spay-neuter program and the El Dorado County Animal Shelter. There will also be a raffle.

The Animal Coalition of Tahoe is an all-volunteer nonprofit organization that raises funds to help local residents spay and neuter their dogs and cats in an effort to reduce the population of unwanted pets. Ten percent of all funds raised go to the animal shelter in Meyers. Call (530) 400.4766 or

email info@tahoeanimals.org for more information.

Tahoe Tails – Adoptable Pets in South Lake Tahoe

Betty is a pointer-Australian shepherd mix who is somewhat confused at the shelter. She was probably in one home her whole life, and now she's at the shelter.



Despite her change in circumstances, she is very sweet and affectionate, and she gets along well with the other dogs. She seems fine with cats, and would probably be just as happy sitting by your feet as she would be going for a walk.

Betty is spayed, microchipped, and vaccinated. She is at the El Dorado County Animal Services shelter in Meyers, along with many other dogs and cats who are waiting for their new homes.

Call (530) 573.7925 for directions, hours, and other information on adopting a pet.

For spay-neuter assistance for South Tahoe residents, go online.

– Karen Kuentz

Multiple faiths to come together at picnic in Carson City

Various faiths are coming together to have a picnic in Carson City.

Christians (various denominations), Muslims, Hindus, Buddhists, Jews, Baha'is, and others will share food, music, games, prayers, a "Peace Cake" and more. The idea is to find similarities between the diverse traditions.

The second annual Heal the World Interfaith Picnic of Nevada is July 31 from 1-5pm at Mills Park (Pavilions B and C) in Carson City.

Participants, who include clergy as well as congregations, are asked to help the less fortunate by donating food items to Friends in Service Helping. The picnic's goal is to donate 1,000 food items.

Slew of tribal events in Lake Tahoe, N. Nevada

Experience the energy of a drum circle, traditional dancing and the time-honored hand games at one of Nevada's many American Indian cultural events this summer.

Nevada's American Indian tribes work together to promote and market themselves through the Nevada Indian Territory, a nonprofit arm of the Nevada Commission on Tourism.

Here's a look at some summer events:

July 22-24: Sacred Visions Powwow at Big Bend Ranch, 50 Big Bend Ranch Road in Wadsworth. To learn more, contact William Wadsworth at (775) 575.7063.

July 23-24: Wa She Shu It Deh arts festival at Tallac Historic Site on the South Shore.

July 29-31: Ely Shoshone Tribe Fandango at the Wappin do-Ya-Be Center, 250 Heritage Drive in Ely. For more information, call (775) 289.5373.

Aug. 26-28: Spirit of Wovoka Days at the Joe Parr Sports Complex in Yerington.

Keeping dogs safe around water

By Elizabeth Maimon

A favorite summer pastime for many of us is relaxing by a pool or a lake while unwinding from the day or – better yet – even spending the whole day poolside blissfully relaxed. If your dog is in tow, however, it is essential to stay alert.

Contrary to popular belief, not all dogs enjoy swimming or can swim particularly well. If it seems like your dog does not want to swim, it is important not to force him. If your dog falls in and appears to be struggling, offer a net or an object to help rescue him. Jumping in after him is seldom a good idea. In fact, a safety vest such the canine flotation device, is designed to keep your pet afloat in the water. These vests are adjustable and designed to fit around your

pet's chest. Having a ramp installed in the pool or around the dock may also help your pet exit the water without struggling.



If your furry family member is an avid swimmer who enjoys a refreshing dip, it is important for you and your children to swim at a safe distance to avoid getting scratched or pulled under while swimming. Children who swim alongside one's dog should always wear a life jacket.

Watch for water-related problems such as ear infections, a dull, dry coat and signs of dehydration. Dehydration can occur quickly – an easy way to check that your dog is not dehydrated is to lift your dog's lips and look for bright pink and moist gums.

Outdoor exposure to water can change your dog's vaccination needs. Know your dog's travel history, disease exposure, age, breed and health status to tailor a vaccination protocol. Pets can contract several contagious water-borne illnesses and intestinal parasites such as Giardia from exposure to outdoor untreated water. For example, leptospirosis, a highly contagious water-borne illness, is preventable through annual inoculations.

Leptospirosis is especially dangerous because of its zoonotic (spreadable from animal to human) potential to people. Animals and people can experience a high fever, liver and kidney diseases, and vomiting and diarrhea.

Also, excessive ingestion of heavily chlorinated pool water, saltwater or stagnant lake water can result in vomiting and diarrhea. You might consider bringing plenty of fresh filtered or bottled water to the pool or lake to avoid intentional ingestion of these and other potentially harmful agents.

Be sure always to have plenty of fresh water available at all times to all pets in the home, year-round. Provide plenty of

shade and a cool, dry shelter from the heat and the elements. To avoid burned footpads and heat exhaustion, exercise your pets during the early morning and at dusk when the pavement is cooler and heatstroke is less likely.

When in doubt about future outdoor activity and travel, contact your local veterinary team for additional health, safety and travel tips.

Elizabeth Maimon is veterinarian with a master's in public health.

Diabetes becoming a disease of the young

By Mary Brophy Marcus, Reno Gazette-Journal

Some people say aiming to look sleek in your swimsuit or wedding duds is the biggest motivator for losing weight. But Mike Durbin's incentive for dropping pounds beats all.

Three years ago, at age 24, Durbin's doctor told him he had type 2 diabetes and congestive heart failure. More than 300 pounds at the time, Durbin knew that if he didn't take action, he faced the possibility of an early death.

"I was probably pushing about 340 when I was first diagnosed. As far as the physical changes go, within about three months or so of being diagnosed I dropped about 40 pounds," said Durbin, of Fort Wayne, Ind., who takes a dozen medications now.

Always a meat-and-potatoes kind of guy, he said he had to learn to eat in moderation and now opts for sugar-free foods

more often.

The experience has changed how he looks at his personal life, too. Durbin and his girlfriend of nine years postponed the idea of marriage, and he is not sure about starting a family.

“I don’t like the thought that I could have a kid, and he could end up with diabetes down the road. And one of the troubling thoughts I have is if something were to happen to me, (his girlfriend) would be left alone as a mother. You really have to stop and think about these things,” Durbin said.

Read the whole story

CalFire: Planning for a fire could save life and property

Publisher’s note: *This is the second of three articles from the Amador-El Dorado Unit of CalFire regarding the “Ready-Set-Go!” fire and life safety campaign.*

By Teri Mizuhara

CAMINO – Making sure your family and your home is set for an approaching wildfire and a possible evacuation is the second part of CalFire’s Ready-Set-Go fire safety program.

“Right now is a good time to review your evacuation plan (Wildfire Action Plan) with your family. Don’t wait until the smoke is swirling around your home because by then it is too late,” Kelly Keenan, CalFire’s Amador-El Dorado unit chief, says. “Practicing your evacuation plan now if you have one or creating an evacuation plan and practicing it now will ensure

a much smoother departure in the face of a wildfire or other major emergency. Failing to plan is planning to fail. Are you willing to risk the health and welfare of your family?"



If an evacuation is imminent, have your evacuation kit(s) and other valuables in your car. Have your car backed into your driveway with your doors and windows closed (this way you can drive forward out of your driveway). Keep your family and pets close by. Dress in appropriate clothing (natural fibers versus man-made fabrics), have goggles and a mask to protect you from the smoke. Alert your family and neighbors. Drink plenty of water and stay tuned to your local television/radio stations and news websites for updated news.

If time allows, prepare the interior of your home by doing the following:

- Shut off gas at the meter and turn off all pilot lights.
- Leave your lights on in the house so firefighters can see your home through the smoke.
- Shut all your windows and doors; be sure to leave the doors unlocked.
- Remove flammable curtains and window shades. Close metal shutters.
- Move furniture to the middle of the room, away from window and doors.
- Shut off your air conditioning.

Then prepare the exterior of your home:

- Move flammable items such as patio furniture, door mats, and children's toys inside the house or far away from the side of your house.

- Shut off your propane tank.
- Do not leave your sprinklers on; they deplete the local water pressure.
- Leave your exterior lights on.
- Seal exterior vents if time permits.

Survival tips if you are trapped:

- Stay calm, do not panic. Focus on what you need to do to survive.
- Shelter yourself and your family members away from outside walls.
- Wear long sleeves and long pants made of natural fibers.
- Stay hydrated. Fill sinks and tubs for an emergency water supply.
- Place wet towels under doors to keep embers and smoke out.
- Make sure you can exit your home if it catches fire but remember that it will be four to five times hotter outside than inside your home.

"It is always best to leave your home well ahead of the wildfire. Roads quickly become clogged with vehicles (people evacuating and emergency service equipment responding to the fire) and the smoke filled air can cause people to become disoriented and panic. Protect your loved ones and get set today and rest easy tonight because it is not a matter of if a wildfire will happen but when a wildfire will occur," warns Keenan.

For more detailed information on what you have read, visit CalFire's website www.readyforwildfire.org or call (530) 644.2345 to receive a free brochure on the Ready-Set-Go program and evacuation tips for your family and pets.