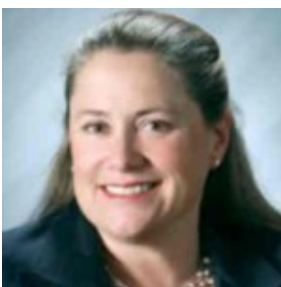


Opinion: Community house a good addition

By Jennifer Montgomery

On July 15, I was incredibly proud to represent the county of Placer and to represent the greater North Lake Tahoe area at the media tour of the New Community House (CoHo). CoHo will house the North Tahoe Family Resource Center, Project Mana, the Tahoe Safe Alliance, Placer County HHS employees and potentially some state of California Human Services staff.

Along with our nonprofit partners, Placer County has been a ready and willing partner in this public/private effort. Due to great vision in budgeting and planning by the Placer County Board of Supervisors, we had the opportunity to allocate \$1 million to help leverage the project. These are tax dollars that came through First 5, the Mental Health Services Act, and from the transient occupancy tax (hotel room tax) collected locally in the eastern end of Placer County. These dollars helped with the acquisition and remodel of the building as well as with installation of much needed public infrastructure like sidewalks and storm water retention basins.



Jennifer
Montgomery

Private groups like the Tahoe Truckee Community Foundation and community leaders like Theresa May Duggan and Dave Ferrari (among many others) worked to create a remarkable model for

meeting community needs through an innovative public private partnership. The services available at CoHo go well beyond what the County traditionally offers and we believe it will result in getting families and individuals more quickly onto paths of self-sufficiency and will keep them there longer.

Not only is CoHo about taking care of people when they are in need, but it is about growing and celebrating that which is strong in them. CoHo intends to help individuals and families connect with resources like parenting and nutrition classes, educational opportunities and community building events. CoHo is about building strength, connectivity and individual self-reliance before crisis strikes.

In a time of limited government resources and increased need, it is these very types of innovative models – models that combine public and private dollars, models that combine multi use spaces into one center – that gives me great hope that solutions can be forged – are being forged – in the most creative ways, when dedicated, focused people come together.

I know that the rest of the BOS and county staff are also very proud of this model and are talking about it as a proactive, alternate way to offer services and stretch our limited public and private dollars.

I truly look forward to the day that when asked about community house, I can reply, “which one?”, referencing the fact that there will be a community house in each and every community. But for now we celebrate our own community house and the amazing individuals and entities that made it possible.

Congratulations to us all!

Jennifer Montgomery represents District 5 on Placer County Board of Supervisors.

High level of bacteria found in Kings Beach creek

High bacteria levels at a creek in Kings Beach resulted in a health advisory being issued this week by Placer County Environmental Health.

Griff Creek is near highways 267 and 28. The advisory includes the creek near the highway road culvert and bridge where the creek widens and ponds.

Lahontan Regional Water Quality Control Board tested the water earlier this month and found E. coli levels that exceed state health guidelines for fresh water recreation areas. More tests will be taken until the creek is deemed safe.

The cause of the elevated bacteria is undetermined, but is most likely naturally occurring from area wildlife and may be associated with drought conditions that have resulted in reduced water flow rates that are warmer than normal within the creek drainage, according to Placer County officials.

“There is currently no health concern involving the waters of Lake Tahoe or any of the surrounding beaches at Lake Tahoe,” Wesley Nicks, director of Environmental Health for Placer County, said in a statement.

– Lake Tahoe News staff report

'Last Weekend' to debut in Tahoe for free

The Lake Tahoe premiere of "Last Weekend" will be a free showing Aug. 9 at 8pm in Tahoe City.

Writer and co-director Tom Dolby will be in attendance. People are encouraged to bring chairs and blankets to Tahoe City Golf Course starting at 7pm. Food and drink will be sold at the event.

The movie is not yet rated.

"Last Weekend" unfolds over the course of a long Labor Day weekend at the end of the summer at Lake Tahoe. Matriarch Celia Green (Patricia Clarkson) is at a crossroads. She and her husband, Malcolm (Chris Mulkey), are the founders of a fitness empire and among San Francisco's wealthiest citizens. They have been coming to Lake Tahoe for more than 30 years, but Celia now feels that something in her life is missing. She gathers her two adult sons (Zachary Booth and Joseph Cross) and their partners for a rare weekend together. As the holiday begins, Celia finds herself torn between the house – and the past that it represents – and her desire to move forward with her life.

As the weekend progresses and tensions rise, the four members of the Green family are joined by an eclectic assortment of houseguests and drop-ins, young and old. On Saturday morning, an accident threatens to unhinge Celia's meticulously devised weekend: the Greens' longtime caretaker, Hector Castillo (Julio Oscar Mechoso), is electrocuted as he is fixing a broken light on the dock. When he is airlifted to a nearby hospital, the Green family goes along with him, and the guests on the property are forced to fend for themselves.

Amidst this catastrophe, Celia must decide whether she is

ready to let go of the house.

Survey: Increase in teens using performance enhancing drugs

By David Crary, AP

NEW YORK – Experimentation with human growth hormones by America's teens more than doubled in the past year, as more young people looked to drugs to boost their athletic performance and improve their looks, according to a new, large-scale national survey.

In a confidential 2013 survey of 3,705 high school students, released Wednesday by the Partnership for Drug-Free Kids, 11 percent reported using synthetic HGH at least once – up from about 5 percent in the four preceding annual surveys. Teen use of steroids increased from 5 percent to 7 percent over the same period, the survey found.

Travis Tygart, CEO of the U.S. Anti-Doping Agency, depicted the numbers as alarming but not surprising, given the extensive online marketing of performance-enhancing substances and near-total lack of any drug testing for high school athletes.

“It's what you get when you combine aggressive promotion from for-profit companies with a vulnerable target – kids who want a quick fix and don't care about health risk,” Tygart said in an interview. “It's a very easy sell, unfortunately.”

Nine percent of teen girls reported trying synthetic HGH and

12 percent of boys.

“A picture emerges of teens – both boys and girls – entering a largely unregulated marketplace (online and in-store) in which performance-enhancing substances of many varieties are aggressively promoted with promises of improved muscle mass, performance and appearance,” said the report. “This is an area of apparently growing interest and potential danger to teens that cries out for stricter controls on manufacture and marketing.”

Given the high cost of authentic HGH, it’s possible that some of teens who reported using it may in fact have obtained fake products. As the survey said, “It’s very difficult to know what exactly is in the substances teens are consuming, or what the short- and long-term impact on their health may be.”

Steve Pasierb, president of the Partnership for Drug-Free Kids, said the motives of today’s youthful dopers were different from the rebellious or escapist attitudes that traditionally accompanied teen drinking and pot-smoking.

“This is about how you feel, how you look,” Pasierb said. “They’re doing this thing to get ahead. ... Girls want to be thin and toned. For a lot of boys, it’s about their six-pack.”

He urged parents to talk candidly with their children about the dangers of performance-enhancing substances, but to avoid moralizing.

“It’s not about illegality, or whether you’re a good parent or bad parent,” he said. “It’s a health issue. These substances literally alter your body.”

Pasierb said high school coaches have a key role in combating doping. Some are vigilant, other oblivious and perhaps a third are prepared to tolerate doping in the interests of winning, he said.

The new survey noted that the upsurge in teen HGH use occurred even as famous athletes were caught up in high-profile doping cases. Last August, Major League Baseball punished Alex Rodriguez with a lengthy suspension after investigating his use of performance-enhancing drugs. A few months earlier, Lance Armstrong admitted in a TV interview to doping throughout his cycling career.

One of Armstrong's former teammates is Tyler Hamilton, who was forced to return his 2004 Olympic gold medal after being found guilty of doping. In recent public appearances, Hamilton has implored young athletes to resist the temptation to dope.

"There's so much pressure on winning – it's tough for these kids to stay true to themselves," he said. "I can't change every kid's mind, but if I can do my part and other people do their part, we can beat this monster."

Tygart, who as USADA's chief oversaw investigations of Armstrong and Hamilton, noted that stringent testing regimens are an increasingly effective deterrent to doping among athletes in major pro sports and in international competitions.

"But most young athletes are not in any testing program, and their chance of getting caught is zero," he said. "When left unchecked, the win-at-all-cost culture will take over and athletes will make the wrong decision."

Synthetic HGH is supposed to be available only by prescription, yet products claiming to contain HGH are widely promoted and enforcement of the regulations is inconsistent, Tygart said.

Among the groups seeking to reverse the teen doping trend is the Texas-based Taylor Hooton Foundation, named after a 17-year-old high school athlete whose suicide in 2003 was blamed by his family on his use of anabolic steroids. Its staff has spoken to thousands of young people at school assemblies and

sports camps.

Donald Hooton Sr., Taylor's father and the foundation's president, depicted teen doping as an epidemic fueled by widespread ignorance among parents and coaches. He estimated that more than 1.5 million youths in the U.S. have tried steroids.

Information about teen use of performance-enhancing drugs is readily available online. The Mayo Clinic, for example, provides a list of possible hazards and side-effects, including stunted growth, acne, liver problems, shrunken testicles for boys and excess facial hair for girls.

The clinic urges parents to check the ingredients of over-the-counter products used by their teens, and to be on the lookout for warning signs, including increased aggressiveness, rapid weight gain, and needle marks in the buttocks or thighs.

The Partnership for Drug-Free Kids survey also reported on other forms of substance abuse. Among its findings:

–Forty-four percent of teens report using marijuana at least once within their lifetime; 24 percent report using within the past month; and 7 percent report using at least 20 times within the past month. These levels have remained stable over the past five years.

–After a sharp increase in teen misuse and abuse of prescription drugs in 2012, the rate remained stable in 2013, with 23 percent of teens reporting such abuse or misuse at least once. Fifteen percent reported having used the prescription painkillers Vicodin or OxyContin without a prescription at some point.

The survey of 3,705 students in grades 9-12 was conducted at their schools between February and June 2013.

The margin of error was calculated at plus or minus 2.1

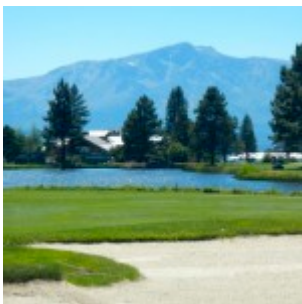
percentage points.

Founded in 1987, the New York-based Partnership for Drug-Free Kids is a nonprofit working to reduce teen substance abuse and support families affected by addiction.

Deerfield Lodge fire

This footage of the July 23, 2014, Deerfield Lodge fire in South Lake Tahoe was supplied to *Lake Tahoe News* by Denis Bellocq of New York who was staying at the Black Bear Inn.

Snippets about Lake Tahoe



- The American Century Championship set a one-day attendance record of more than 13,000 on Saturday.
- Lake Tahoe Community College Foundation's Distinguished Alumni Award winner for 2014 is Tahoe Douglas Fire Protection District Chief Ben Sharit.
- "Good Morning America" asked viewers to share their favorite places in the U.S.; Lake Tahoe made the top five.
- NDOT will temporarily suspend major construction work on the Mount Rose Highway and other state road projects during Hot August Nights and Reno-Tahoe Open. No construction-related lane closures will take place between the evening of July 25

and the morning of Aug. 4.

- Mammoth Rocks/Taste of the Sierra is Aug. 22-24 in Mammoth Lakes.

Nevada National Guard helping in Tonga

Eight airmen from the Nevada Air National Guard joined 160 people from seven nations July 21 to provide humanitarian assistance to the citizens of Tonga as part of Operation Pacific Angel-Tonga.

The mission will continue until July 26.

Tonga is Nevada National Guard's partner in the National Guard's State Partnership Program, the Department of Defense program that links a state's National Guard with the armed forces or equivalent of a partner country in a cooperative, mutually beneficial relationship.

The Nevada Air National Guard is supporting Pacific Angel this week by providing Airmen who are experts in medical care and civil engineering. Specialized airmen will assist with the medical health services outreach mission that focuses on general health and primary care, dentistry, optometry, women's health and pediatrics as well as the engineering civic action programs mission that focuses on the repair and refurbishment of medical and school facilities in Vava'u, Tonga.

Second WCSO boat sinks at Lake Tahoe

Washoe County Sheriff's Office lost another boat at Lake Tahoe.

The search and rescue vessel that sank at Incline Village overnight is the second boat to have done so. The other sank in May.

"The command staff is talking over what the options and availability are for the lake at this point," Bob Harmon, spokesman for the department, told *Lake Tahoe News*.

Both boats went down while moored off the Hyatt. Normally the search and rescue boat is trailered, but the trailer was in Reno for repairs so the boat was tied up to the buoy July 23. Now the boat is in Reno to determine if it is salvageable.

Douglas County lost a boat this season, too.

– *Lake Tahoe News staff report*

Hot August Nights to take

over S. Lake Tahoe

South Lake Tahoe's streets will vibrate with the sound of muffled rumbles of rebuilt engines when Hot August Nights rolls into town July 25-26.

More than 400 classic cars will be on display at Heavenly Village and Ski Run Boulevard.

There will be celebrity show-n-shines with awards, vendors and free entertainment. Live music is scheduled 10am-7pm on Ski Run Boulevard, and from 10am-4pm and 5-9pm at Heavenly Village. All events are free.

Ski Run Boulevard will be closed to through traffic from about noon today to 9pm July 26.

The classic car cruise will be around Heavenly Village and the casino corridor starting at 6pm July 25 and July 26.

Community bike ride in Truckee

Truckee will celebrate the opening of the Legacy Trail to Glenshire with a community bike ride on Aug. 8 at 4pm.

People may park their vehicles at the Regional Park at 3pm and then take a shuttle to the event.

Youths 12 and younger will receive a prize if their bike is decorated.

At 2pm there will be free bike safety checks.