

Tips for seniors to stay healthy

With September being National Healthy Aging Month, the Senior Day Care Services and Senior Programs of the El Dorado County Health and Human Services Agency has tips for seniors to promote health and longevity.

They include:

- **Get moving** – Exercise and other physical activities are good for you. Studies show that people who exercise not only live longer, they live better. Regular exercise and physical activity can reduce your risk of developing some diseases and disabilities that often occur with age. For example, balancing exercises help prevent falls (which are a major cause of disability in older adults), strength exercises help build muscles and reduce the risk of osteoporosis, and stretching exercises help you stay limber.
- **Get involved** – Studies show that people who are involved in hobbies, social and leisure activities, and who volunteer in their communities, generally report higher levels of happiness and lower levels of depression. Studies have even shown that staying socially active may reduce the progression of Alzheimer's disease and other forms of dementia.
- **Get checked** – Regular check-ups, screenings and immunizations are important for good health. Bring concerns to your healthcare provider sooner rather than later. Remember that mental health is also important. If you find that you are feeling blue, see a mental health provider.

The El Dorado County Senior Day Care Centers and Senior Programs offer many ways for older adults to stay active

physically and socially. Activities include daily group exercise classes, crafts, guest speakers, support groups, live music, senior trips, healthy meals and more. For more information, call 530.621.6369 or go online.

Golf event to benefit Tahoe Turning Point

Tahoe Turning Point is putting on a charity golf tournament Sept. 17 at Lake Tahoe Golf Course in Meyers.

The nonprofit has five residential group homes for youth ages 13-18, counseling services for children, adults and families, as well as transitional housing programs for foster youth.

For \$125 players will receive a round of golf, breakfast buffet, on course lunch, barbecue after playing, and awards. Registration and breakfast start at 8:30am, shotgun start at 10am, and awards party at 3pm.

Sign up **online**.

Tahoe Tails – Adoptable Pets

in South Lake Tahoe



Sparky

Sparky is one of several medium-large dogs at the shelter right now. Like the others, Sparky is a very active, friendly 1-year-old who likes other dogs. He is a Labrador-hound-pit bull mix who has lived with children and cats. He also loves the water, and will do well in training classes.

Sparky is neutered, microchipped, tested for FIV, and vaccinated. He 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. Go to the Tahoe animal shelter's Facebook page to see photos and descriptions of all pets at the shelter.

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

Bentley delivers memorable performance



Dierks Bentley puts on a rousing performance Aug. 23 at Harveys. Photos/Kathryn Reed

By Kathryn Reed

STATELINE – Dressed in his signature tight T-shirt with biceps bulging as he stroked the guitar, there is no doubt why *People* magazine earlier this year named Dierks Bentley country's hottest guy.

However, Kip Moore, the third opening act, might have a good chance to usurp that title from Bentley.

For those who weren't admiring Bentley's physique, there was plenty to applaud about his music in the 15-set plus, two encore show at Harveys on Aug. 23. It was a mix of soulful and playful lyrics.

Bentley's music has garnered him 12 Grammy nominations.

Life hasn't always been so great for Dierks Bentley. This is obvious from the lyrics on his latest album "Riser" that was released in 2014. It's a bit introspective, a bit spiritual and definitely memorable.

The rough stretch, though, produced three No. 1 singles – "I Hold On", "Drunk On A Plane" and "Say You Do."



A few "pilots" were in the audience Sunday, including one who was invited on to the stage during "Drunk on a Plane".

Fans Sunday night at Harveys knew the lyrics as well as the country star. It was like a sing-along at times.

"Riser" – Bentley's seventh album – was released the year after his father died and his third child was born. "Riser" is a song about resilience and determination, and is where the album title comes from.

On his website, Bentley says, "Life in general has a way of knocking you down. It's different reasons for different folks – could be personal reasons, could be family reasons, your job, drugs, alcohol. That song really applies to anybody that's lived. There have always been those moments when we have to get back up and get on our feet. They are defining moments ... breakthrough moments."

On Sunday night – while he played “Riser” and “I Hold On” to the appreciative audience, it was obvious there was something more to the songs than just lyrics. You could feel the passion and sentiment Bentley has for the words he is singing.

Several times he mentioned how this was his first trip to the area – adding he wants to come back.

Before the star took to the stage Kip Moore, Maddie & Tae, and Canaan Smith warmed up the nearly full house. Bentley brought each of them on stage to sing with him.

If Bentley’s singing career ends anytime soon he has a fallback plan. In July 2016 he will open his fourth Whiskey Row restaurant. This one will be in Las Vegas. They started in his home state of Arizona where there are eateries in Tempe and Scottsdale, there is also one in Chicago.

Opinion: Food can be good medicine

By Amy Smith

Hippocrates, a physician and philosopher of health, said: “Let food be thy medicine and medicine be thy food.”

Food is often underestimated as an effective medicine. One collection of ingredients gaining attention are phytonutrients. Phytonutrients, sometimes called phytochemicals, are nutrients found in plants that contribute to its vitality. They can be found in a variety of plant-based foods and research shows when humans consume phytonutrients, they interact with the body and promote healing.



Amy Smith

Here are some examples of foods rich in phytonutrients that you can eat in your daily diet and help improve your overall health.

Cruciferous vegetables

Brussels sprouts, kale, broccoli, and cabbage are rich in a group of phytonutrients called indoles. Indoles have been found to lower the risk of breast, prostate, lung, stomach, colon, and rectal cancers. In one study, participants who consumed at least one cruciferous vegetable per day decreased their risk of breast cancer by 40 percent (Terry, 2001). In a separate study, men who ate three or more servings of cruciferous vegetables a week compared to their peers who consumed less than one serving a week reduced their risk of prostate cancer by 40 percent (Cohen, 2000).

Berries and cherries

Blueberries, cranberries, elderberries, raspberries, cherries, blackberries, and the skin of red grapes contain phytonutrients with antioxidant and anti-inflammatory properties. Research confirms a high intake of berries and cherries can slow cognitive decline and reduce the risk of cardiovascular disease by preventing accumulation of LDL or “bad cholesterol” (Devore, 2012; Stojanovic, 2001; Gonzalez-Gallego, 2010; Landberg, 2011; Rotelli, 2003). These phytonutrients also help prevent cancer and inhibit cancer growth (Catalgol, 2012; Zhu, 2012; Aziz, 2003).

Tumeric and piperine

Tumeric, a spice in the ginger family, contains the phytonutrient curcumin. Curcumin is an antioxidant, anti-inflammatory, and anti-cancer agent. It reduces the risk of Alzheimer's, and multiple studies support the use of curcumin for joint inflammation, tendinitis, and inflammatory bowel disease (Blaylock, 2012; Hanai, 2009; Mindura-Kiela, 2012). Increase daily turmeric intake of with supplements or by adding the spice to soups, teas, and smoothies. For the best phytonutrient absorption from turmeric, pair it with piperine, an ingredient in black pepper.

The whole rainbow

Try to eat a rainbow of fruits and vegetables daily. Lycopene is a carotenoid phytonutrient found in watermelons, pink grapefruits, guavas, apricots and tomatoes. It is best absorbed from processed or cooked tomato products such as tomato sauce, paste, and soup. It is a potent antioxidant and has been suggested to prevent cancer and cardiovascular disease (Agarwal, 2000; Pool-Zobel, 1997). Lycopene is one of six types of carotenoids. Other colorful fruits and vegetables that contain carotenoids include carrots, tangerines, sweet potatoes, spinach, kale and cantaloupe.

These are just a few phytonutrients that studies show have positive health benefits. Consume regularly, and aim for eating at least five servings a fruits and vegetables a day.

Amy Smith, family nurse practitioner, is a University of Arizona Medicine Fellow under doctor Andrew Weil.

Scientists find how obesity gene works

By Marilyn Marchione, AP

Scientists have finally figured out how the key gene tied to obesity makes people fat, a major discovery that could open the door to an entirely new approach to the problem beyond diet and exercise.

The work solves a big mystery: Since 2007, researchers have known that a gene called *FTO* was related to obesity, but they didn't know how, and could not tie it to appetite or other known factors.

Now experiments reveal that a faulty version of the gene causes energy from food to be stored as fat rather than burned. Genetic tinkering in mice and on human cells in the lab suggests this can be reversed, giving hope that a drug or other treatment might be developed to do the same in people.

The work was led by scientists at MIT and Harvard University and published online Wednesday by the New England Journal of Medicine.

The discovery challenges the notion that "when people get obese it was basically their own choice because they choose to eat too much or not exercise," said study leader Melina Claussnitzer, a genetics specialist at Harvard-affiliated Beth Israel Deaconess Medical Center. "For the first time, genetics has revealed a mechanism in obesity that was not really suspected before" and gives a third explanation or factor that's involved.

Independent experts praised the discovery.

"It's a big deal," said Clifford Rosen, a scientist at Maine

Medical Center Research Institute and an associate editor at the medical journal.

“A lot of people think the obesity epidemic is all about eating too much,” but our fat cells play a role in how food gets used, he said. With this discovery, “you now have a pathway for drugs that can make those fat cells work differently.”

Several obesity drugs are already on the market, but they are generally used for short-term weight loss and are aimed at the brain and appetite; they don't directly target metabolism.

Researchers can't guess how long it might take before a drug based on the new findings becomes available. But it's unlikely it would be a magic pill that would enable people to eat anything they want without packing on the pounds. And targeting this fat pathway could affect other things, so a treatment would need rigorous testing to prove safe and effective.

The gene glitch doesn't explain all obesity. It was found in 44 percent of Europeans but only 5 percent of blacks, so other genes clearly are at work, and food and exercise still matter.

Having the glitch doesn't destine you to become obese but may predispose you to it. People with two faulty copies of the gene (one from Mom and one from Dad) weighed an average of 7 pounds more than those without them. But some were obviously a lot heavier than that, and even 7 pounds can be the difference between a healthy and an unhealthy weight, said Manolis Kellis, a professor at MIT.

He and Claussnitzer are seeking a patent related to the work. It was done on people in Europe, Sweden and Norway, and funded by the German Research Center for Environmental Health and others, including the U.S. National Institutes of Health.

Obesity affects more than 500 million people worldwide and

contributes to a host of diseases. In the U.S., about one-third of adults are obese and another one-third are more modestly overweight.

The FTO gene turns out to influence obesity indirectly, as a master switch that affects two other genes that control thermogenesis, or burning off energy. It's long been known that brown or beige fatty tissue – the so-called “good fat” – burns calories, while the more common white fat stores them. The body constantly makes fat cells, and the two genes determine whether they become brown or white ones.

In one experiment described in the medical journal, researchers blocked the faulty gene's effect in mice and found they became 50 percent leaner than other mice despite eating a high-fat diet, and burned more energy even when asleep.

In other tests on human cells, blocking the gene's effect increased energy burning in fat cells. Editing out the problem gene in human cells in the lab also restored normal metabolic function.

Researchers don't know the impact of having just one faulty copy of the gene but think it has less of an effect than having two copies.

Several companies are trying to develop treatments to stimulate brown fat, and the new research suggests a novel approach.

“It's a potential target” for drug development, said Sam Klein, an obesity researcher at Washington University in St. Louis. He called the work “an amazing study” and “a scientific tour de force.”

Rudolph Leibel, an obesity expert at Columbia University in New York, used the same term – “tour de force.” Still, some earlier research suggests the FTO gene may influence other aspects of obesity such as behavior and appetite.

“It’s possible there are several mechanisms being affected,” and that fat-burning is not the whole story, he said.

Light bulb change saves LTUSD thousands

The replacement of T8 fluorescent lighting with state of the art high efficiency LED T8 tubes has saved Lake Tahoe Environmental Science Magnet School thousands of dollars.

An energy savings rebate check issued by Liberty Utilities in the amount of \$4,083 will be presented to LTESMS and its PTA on Aug. 25 at the Lake Tahoe Unified School District meeting.

The school district, the school PTA, and Liberty Utilities collaborated in the replacement program last school year. The PTA donated approximately \$7,000 to buy energy-saving LED tube lights for the school. Eric Voelker, district electrician, and the LTUSD maintenance staff, retrofitted every classroom with the environmentally healthier lights.

The lights have an expected life expectancy of 10 years.

Liberty Utilities estimates \$3,000 in future annual energy cost savings.

The school board meeting starts at 5pm at the district office on Al Tahoe Boulevard.

Brown: Groundwater management not aggressive enough

By David Siers, Sacramento Bee

Gov. Jerry Brown said in an interview aired Sunday that California is not aggressive enough policing use of the state's groundwater, promising stepped-up oversight in future years.

Brown's remarks on NBC's "Meet the Press" followed the release of a study tying climate change to the worsening effects of California's drought.

Asked he if was "about to police agriculture more," the Democratic governor said, "Well, I think that's good advice, but of course I don't rule by decree. I work through the Legislature. California now has groundwater management for the first time in its entire history, so we are much more aggressive. But as that scientist suggested, we're not aggressive enough. And we will be stepping it up year by year."

Read the whole story

South Lake Tahoe putting on history hunt

South Lake Tahoe is coordinating on an interactive History Hunt Week that will help people learn about the city's 50-year history by following clues and answer historical questions.

The hunt goes through Aug. 29. History Hunt Maps are available at the following city buildings:

- Bijou Golf Course, 3464 Fairway Ave.
- Campground by the Lake, 1150 Rufus Allen Blvd.
- City administrative offices, 1901 Airport Road
- City services center, 1052 Tata Lane
- Explore Tahoe, 4114 Lake Tahoe Blvd. (located at Heavenly Village)
- Police department, 1352 Johnson Blvd.
- Recreation swim complex, 1180 Rufus Allen Blvd.

More information and the map are available online.

Anderson dominates on New Zealand slopes

By USSA

QUEENTOWN, New Zealand – The men's snowboard slopestyle final of the Audi quattro Winter Games NZ 2015 saw dramatic changes of fortune in a very tight contest that wasn't decided until the last trick. Chris Corning (Arvada, Colo.) made the very last qualifying spot for the FIS Snowboard World Cup, and shocked the crowd to win the finals at Cardrona Alpine Resort. Jamie Anderson (Meyers) took the win for the women, while Hailey Langland (San Clemente) stepped on the podium in third.

This was only Corning's third FIS World Cup. The 15-year-old nailed the top position in the first heat, which saw the highest-placed qualifiers well down the list. From then, everyone was playing catch-up, laying down impressive tricks under a beautiful blue sky. But Corning ramped up the ante on

his last run and reclaimed the top spot from Ciccarelli, scoring an 87.55 with a backside Miller flip, backside 270 to boardslide, a front 180 on, switch front bluntside 270 out, a switch backside bluntside 450 mute out, a frontside 10 mute, a backside 12, backside grab and a cab 12 tail.

Garcia Knight from New Zealand came up with his best run of the day, taking third with only two riders to go. Canada's Max Eberhardt's last run didn't provide the fireworks he needed, leaving only Japanese favourite Yuki Kadono to contest the leaders. He failed to fire in the first two heats, but he stunned the crowds with a spectacular last run, pulling off the highest-scoring trick of the day on the final kicker – a triple 1440 mute gaining him a 9.75 out of 10, the only triple of the day. Kadono ended up a close second behind the Corning, scoring a 85.81.

Corning put part of his win down to spending time at Cardrona before the event, and landing a new move for the first time in competition. "I've been here a while and ridden the course a bit," he said. "It gave me the chance to learn some new tricks like that cab 12 I put down in my run, so it's awesome. I'm super stoked. It was super fun and I guess I was riding well today and it all worked out."

In the women's event, Anderson asserted her dominance from her first run. Second placed qualifier, Canadian Laurie Blouin, scooped the silver medal on her second run although she was driven hard by Langland who finished in the bronze medal position. Langland had started as fifth-placed qualifier, but a very strong first run put her in second behind Anderson, and an even better last run kept her in third in just her first FIS World Cup.

"I'm really stoked to even be out here, with this beautiful weather and the great jumps," Langland said. "I just had a ton of fun which is all that matters and I'm just happy I made it from top to bottom. The course is probably the best course

I've ever ridden. I've never liked jumps this much."

With Anderson being more than 10 points ahead of the field, there was no pressure to perform on her last run, but she went all out on her victory lap landing a new trick in competition for the first time and improving her score to 87.88.

"Doing my backside rodeo 5 was also awesome. The course is really fun and even better than during qualifiers since we got to go earlier in the day," said Anderson. "I'm stoked to win and to be back visiting New Zealand, which is one of my favorite countries."