

No reason to eat twigs in backcountry emergency

By Benjamin Spillman, Reno Gazette-Journal

There are safer ways to achieve fame than starring in your own survival story.

That's a lesson a Pennsylvania woman learned recently after a trip into the Arizona backcountry with her husband and 10-year-old son went awry.

Karen Klein spent roughly 24-hours in the snowy wilderness during a desperate, 26-mile hike to search for help after the family's car got stuck near the Grand Canyon.

When Klein's sister told a news outlet the survival trek included eating twigs and drinking urine those details propelled the tale to the top of the national news cycle.

Read the whole story

EDC company ratchets way onto Inc. 500

By Cathie Anderson, Sacramento Bee

SlideBelts co-founders Brig and Michelle Taylor ship their ratchet belts around the world from El Dorado Hills, and they have celebrated that fact by surrendering about 20 feet of wall in their company headquarters to a world map.

That wall provides a portal for viewing the company's rapid

growth.

SlideBelts' annual revenue in 2015, \$2.7 million, was 24 times what the company earned in 2012.

That feat landed the company at No. 151 on the Inc. 500 list of the nation's fastest-growing private companies. Among retail companies on that list, they ranked 10th for their growth. This year, the Taylors project that revenue will easily surpass \$5 million.

Read the whole story

2017 expected to start out with fresh snow

By Lake Tahoe News

Plan on New Year's Day being a powder day.

A storm is brewing that should land in the Lake Tahoe Basin on New Year's Eve.

"The position of the low is bouncing back and forth," Tony Fuentes, meteorologist with the National Weather Service in Reno, told *Lake Tahoe News*.

Because of this the amount of snowfall is not being predicted as of today.

While it has been cold in the region, no records have been broken. Isolated pockets came close though. The record for Bridgeport is minus 21 degrees, and it got down to minus 20 in the last week.

Expect 2017 to start off with the cold returning, so enjoy this week as the highs in the basin sizzle in the 40s.

Lake Tahoe area ski resorts keep opening more terrain. The latest storm brought soft, fluffy powder to the slopes.

For those going into the back country, be sure to check with the **Sierra Avalanche Center** for conditions.

Calif. gun sales up ahead of new gun control limits

By Associated Press

With six new gun control bills signed by Gov. Jerry Brown in July, sales of semi-automatic rifles have more than doubled in California over last year.

The *Santa Rosa Press Democrat* reports that the California Department of Justice shows 364,643 semi-automatic rifles had been sold by Dec. 9 whereas 153,931 rifles were sold last year.

Rifles with bullet buttons for the quick swap of ammunition magazines and other soon-to-be banned features have also skyrocketed. Statewide sales are up 40 percent by early December.

The new gun controls reclassified semi-automatic rifles that have certain features as assault weapons. The features added to the prohibited list include a protruding or forward pistol grip, a thumbhole stock, a folding stock or a flash suppressor. Assault weapons have been banned in California

since 1989.

Nearly 1 million firearms were purchased in California as of Dec. 9, the most recent state data available, compared to more than 700,000 guns sold in all of 2015. Sales have likely soared beyond 1 million guns since then, the newspaper reported.

Steven Serna came into Pacific Outfitters sporting goods store in Ukiah last week to buy a semi-automatic rifle before new gun control legislation limits the gun's features in California.

He wanted to purchase an AK-47 rifle but there were none to be found at the store. The deer hunter lamented that he should have purchased one earlier this year.

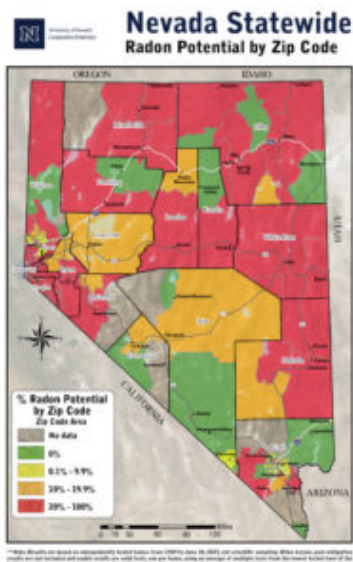
Todd Lyly also visited the store last week to talk with his friends behind the gun sales counter about the new laws.

Lyly said he will convert his weapons so they are compliant with the new regulations, most likely by installing a fixed stock. But he said it's a superficial change that he expects will mostly impact law-abiding people and not violent criminals already disinclined to follow the law.

"It's frustrating," Lyly said.

California lawmakers pushed for the new gun controls after a mass shooting in San Bernardino last year. A married couple who were armed with AR15 rifles and 9mm pistols shot and killed 14 people and wounded 22 others at a county health department holiday party. Authorities said they were inspired by foreign terrorist groups.

Radon a serious issue in Nevada



Nearly 25 percent of homes tested in Nevada found radon concentrations at or above the EPA action level.

University of Nevada Cooperative Extension's Radon Education Program is offering free radon test kits and educational presentations at various locations across the state.

Free test kits are available at Cooperative Extension offices and partner offices statewide from Jan. 1 through Feb. 28, and will also be available at presentations.

Radon is a naturally occurring, radioactive gas that is colorless, odorless and tasteless. It comes from the ground and can accumulate in homes, raising the risk of lung cancer. The U.S. Environmental Protection Agency estimates 21,000 Americans die each year from radon-caused lung cancer, killing more people than secondhand smoke, drunk driving, falls in the

home, drowning or house fires.

In Nevada, one in four homes tested show radon concentrations at or above the EPA action level. According to experts, living in a home with radon concentrations at the action level poses as much risk of developing lung cancer as smoking about half a pack of cigarettes a day.

The risk of radon-caused lung cancer can be reduced. A simple three-day test can determine if a house has a radon problem, and winter is an ideal time to test a home for radon. If radon problems are found, they can be fixed.

January is radon awareness month. Here are some scheduled presentations:

Jan. 11: CVIC Hall, 1604 Esmeralda Ave., Minden, at 6pm

Jan. 18: Carson City Senior Center, 901 Beverly Drive, Carson City, at 6:30pm

Jan. 23: Tahoe Regional Planning Agency, 128 Market St., Stateline, at 6pm

Feb. 1: Incline Village GID Public Works, 1220 Sweetwater Road, Incline Village, at 6pm.

Fat tires allow cycling year round

By Benjamin Spillman, Reno Gazette-Journal

In years past winter was when Sierra Nevada backcountry cyclists were forced to pack away their bike gear and wait for the snow to melt.

No more.

The proliferation of fat tire mountain bikes in recent years is getting more bicyclists than ever into the mountains despite a healthy snow pack.

Fat bikes, generally defined as mountain bikes with tires with a width of at least 3.5 inches, have been around more than a decade but their popularity has surged in recent years.

Read the whole story

Women lawmakers make Nev. a national leader



Catherine Cortez Masto in November won a hotly contested Senate race in Nevada. Photo Copyright

2016 Carolyn E. Wright

By Sean Whaley, Las Vegas Review-Journal

CARSON CITY – Women made impressive gains in capturing public offices in Nevada this year, and now represent 40 percent of the 63-member state Legislature heading into the 2017 session.

That ties Nevada with Colorado and Vermont as the states with the highest percentage of women legislators, according to Emerge Nevada, which encourages and trains Democratic women to run for office.

Women also will soon make up 50 percent of Nevada's six-member congressional delegation, following the historic election of Catherine Cortez Masto to the U.S. Senate and the victory by Jacky Rosen in the 3rd Congressional District in Las Vegas. They will join returning incumbent Dina Titus in Washington, D.C.

Read the whole story

Vandal smashes DHS classroom windows



This person is believed to be responsible for smashing windows at Douglas High School. Photo/Provided

Multiple windows in multiple classrooms were broken at Douglas High School.

“The means to how the windows were broken are being withheld at this time for investigation purposes. The classrooms are still useable,” Douglas County sheriff’s Investigator Jon Storke told *Lake Tahoe News*.

A dollar value for the damage has not been given.

The incident occurred in the early morning hours of Dec. 21.

Secret Witness is offering \$1,000 reward for any information leading to the arrest and conviction of the suspects responsible for the damage to the high school. Anyone with information is asked to call 775.782.9905.

– *Lake Tahoe News staff report*

K's Kitchen: Turmeric is no ordinary spice

By Kathryn Reed

A couple years ago a friend told me about the benefits of turmeric; enhanced memory being one. The irony is that I forget to use it.

Turmeric is the major ingredient in curry. It is a plant in the ginger family. For years, people in India have been cooking with it as well as using it as a medicinal herb.

I have added a teaspoon of turmeric to all kinds of foods. Like a yellow curry, your food is apt to change color. It's good to remember this, because not all dishes should be yellow.

Hundreds of studies have been done proving turmeric has a whole host of medicinal benefits.



Some of the results include:

- American Cancer Society – Cancer cells in laboratory tests were killed and it slowed the growth of surviving cells.
- Annals of Indian Academy of Neurology – Potentially

helps with early onset Alzheimer's.

- Works as anti-inflammatory.
- Lowers the risk of heart disease.
- Treats some symptoms of arthritis.
- Acts as an anti-depressant.
- Reduces high cholesterol.

The University of Maryland recommends $\frac{1}{2}$ to $1\frac{1}{2}$ teaspoons of turmeric for cooking.

Turmeric also is sold as a supplement. I've never used in this way. I've only used it for cooking.

I'm all for using something natural over taking a pill. And if it adds a little flavor to my food, bonus.

Road Beat: 2017 Hyundai Santa Fe, another winner



Hyundai Santa Fe is one of the better looking crossover utility vehicles on the market. Photos/Larry Weitzman

By Larry Weitzman

Recently voted Full Size CUV (crossover utility vehicle) of Texas, the Hyundai Santa Fe is hardly full size in its exterior dimensions. It rides on a mid-size 110-inch wheelbase and Santa Fe's length is a mid-size 193 inches. Width is a manageable 74 inches and with its AWD capability it tips the scales at a svelte 4,169 pounds.

And it still packs a total interior volume of over 160 cubic feet, which is in full size territory. Most full size SUVs weight a 1,000 pounds more, and are at least 10 inches longer but have little if any more room. Santa Fe is a home run in the size versus utility comparison and has three full rows of seating.

Santa Fe is also a homerun in the looks department from its signature grille to its rear bumper. It is one good looking

ride with perfect proportions in the sleek design and window line. There are no wasted creases in the metal to obscure or detract from its beautiful lines and shape beyond its diminutive size. It is smooth and easy on the eyes. Co-efficient of drag is a low for an SUV 0.34.

With the “full-size” Santa Fe you get a choice of one engine, a 3.3L DOHC, 24 valve V-6 cranking out 290 hp at 6,400 rpm along with 252 pounds of twist at 5,200 rpm (according to the hp/torque equation where one pound of torque is equal to exactly one hp at 5,252 rpm means at peak torque rpm – 5,200 – the engine is developing 250 hp). While there is no choice in powerplants, why would you want a different unit as this is one of the best V-6s in production. It is absolutely silky smooth and makes power far beyond its diminutive size. It drives all four wheels with the AWD option (\$1,550 and buy it) through a six -speed torque converter auto cog-swapper. A couple of times it had trouble making up its mind in selecting which gear to use, but otherwise it is smoother and slicker than your proverbial greased pig.



Specifications

Price Santa Fe Limited
Ultimate AWD \$41,150 plus
\$895 destination

Engine

3.3L DOHC, 24 valve V-6 290
hp @ 6,400 rpm

252 ft.-lb. of torque @
5,200 rpm

Transmission

Six speed automatic with
manual mode

Configuration

Transverse mounted front
engine/FWD/AWD

Dimensions

Wheelbase 110.2 inches

Length 193.1 inches

Width 74.2 inches

Height 66.5 inches

Track (f/r) 64.1/64.5 inches

Weight 4,169 pounds

GVWR 5,622 pounds

Fuel capacity 18.8 gallons

Steering lock to lock 2.95
turns

Turning circle 36.9 feet

Wheels (std/opt)

18X7.5/19X7.5 alloys

Tires (std/opt)

235/60X18/235/55X19

Interior volume (2nd row
up/down, 3rd row up)

40.9/80.0,13.5 cubic feet

Performance

0-60 mph 6.84 seconds

50-70 3.65 seconds

50-70 mph uphill 5.68
seconds

Top speed governed at 130
mph

Fuel economy EPA rated
17/22/19 mpg

city/highway/combined.

Expect 23-24 mpg in rural and suburban driving and 30-31 mpg on a level highway at legal speeds.

Getting down the road is quite an easy affair for the Santa Fe with beaucoup power from its sublime powertrain. It knocks off 0-60 mph in an effortless 6.84 seconds and backs that very high performance elapsed time with simulated passing times from 50-70 mph of 3.65 seconds and the same run up a steep grade (6-7 percent) of 5.68 seconds. That is getting it done.

But here is where it gets interesting. The EPA says the Santa Fe should return 17/22/19 mpg city/highway/combined. My real world testing found those numbers extremely conservative as in a two-way run on a level highway at 70 mph returned 30.7 mpg, or almost nine mpg better than the 22 mpg shown in the EPA testing. Some of that performance is due to Santa Fe's slow turning V-6 which spins at just 1,900 at 70 mph. And other testing showed this not to be a fluke. In a 150-mile round trip from Placerville to South Lake Tahoe averaging at least the speed limit the Santa Fe averaged 26.6 mpg. Overall the Santa Fe averaged about 23-24 mpg including acceleration testing. Those numbers are obviously far better than the EPA numbers. One other important point is the Santa Fe's large 19-gallon fuel tank allowing for a 500-mile range according to my highway mpg numbers. Maybe the EPA does their testing in the Lincoln Tunnel at 5pm on a weekday trying to go from NYC to New Jersey. What a superb powertrain.

Handling in a tall vehicle benefits from 7.5 inch-wide 19 inch wheels shod with copious 235/55 tires. Suspension is state of the art four wheel independent with stab bars at both ends plus coils and gas filled shocks in all four corners. Track is very wide at 64 and 65 inches front and rear respectively. Steering is a reasonably quick electric power rack that is 2.95 turns lock to lock creating a turning circle of just 37

feet. So when you are doing the fast tango in the twisties you will find yourself with gobs of cornering power but with slightly numb steering feel. That means you need to pay a bit more attention, but the Santa Fe gets it done when pushed hard. Body roll is well controlled and minimal which also reduces head tossing over uneven terrain. With AWD there is no torque steer as might be felt in the FWD version under extreme conditions, such as a tight corner at full throttle. How often does that happen?

Ride quality is sublime (see above regarding state of the art suspension). It handles big and small road imperfections well. It's quiet is remarkable and there is no wind or road noise. Something of note is the huge weight capacity of this CUV of almost 1,500 pounds with a GVWR of over 5,600 pounds. Some, if not many, light duty half ton pickups don't carry that kind of load. Most mid or full size sedans have payloads of less than a thousand pounds. Notwithstanding its supple ride qualities, Santa Fe is one stout vehicle.

Brakes are large four wheel discs (front ventilated) and they are powerful. Of course it has all the safety acronyms including a couple of new ones, LDW (Lane departure Warning) and AEB (automatic emergency braking). HID head lights are fabulous looking more like the landing lights on a Boeing 747. But with their sharp cutoff, they don't blind the oncoming driver. Those last three items are part of the Ultimate Tech Package (\$2,100).

Internally you will find a comfortable leather interior. Everything is powered, heated or cooled including the passenger's seat, rear seats and steering wheel. Most of the interior is all soft touch and the instrument panel is well designed with a large speedo and tach flanking the central info center and trip computer. Everything is where you would expect it to be and a five-minute one-time orientation is all that is necessary. Ditto for the sound system and center stack of HVAC controls.

Getting into a Santa Fe is a welcoming experience and almost sanctuary like. Rear seating in my tester was two bucket seats which makes third row seating a breeze. But I prefer the option of a second row semi bench which provides excellent outboard seats with third passenger center seating.

With 80 cubes of volume behind the front chairs there is plenty of room for a major Home Depot or Lowe's run. Even behind the third row there are 13.5 cubes of cargo volume which will easily take your in-laws and their luggage to the airport. Don't mistakenly drive to the FedEx terminal.

Pricing for this extremely loaded Limited Ultimate Santa Fe AWD large mid-size CUV starts at \$41,150 plus \$895 for the boat/truck from Ulsan, Korea. The Ultimate Tech Package (\$2,100) and the obligatory fancy floor mats are \$150 which brings the pre-negotiated price of admission to \$44,295. If you haven't checked out the prices of luxury SUV/CUVs lately, that number on its face appears to be a bargain. And then there is the factory 10-year/100,00-mile warranty to sweeten the deal. It's no wonder Hyundai is on a roll.

Larry Weitzman has been into cars since he was 5 years old. At 8 he could recite from memory the hp of every car made in the U.S. He has put in thousands of laps on racetracks all over the Western United States.