

iPod donations help dementia patients

By Claudia Buck, Sacramento Bee

Got a used iPod? A regional concert promoter is collecting them for nursing homes and senior facilities, as part of the Music & Memory program that helps dementia and Alzheimer's patients reconnect with their past by listening to favorite tunes.

"A lot of people have pushed their music onto their smartphone, and their iPods are in drawers somewhere," said Forrest Reed, a volunteer fundraiser for Music & Memory. "They need to be recycled."

The nonprofit Music & Memory, started in 2010 by New York social worker Dan Cohen, is based on research by UC Davis and other institutions showing the musical-memory part of the brain is one of the last to atrophy in Alzheimer's patients.

Read the whole story

Overworked Americans aren't taking vacation

By Patti Neighmond, NPR

A majority of Americans say they're stressed at work. And it's clear the burden of stress has negative effects on health, including an increase in heart disease, liver disease and gastrointestinal problems.

Still, though it's been known for years that periodically disengaging from one's everyday routine can reduce stress, most Americans don't take advantage of their days off. A recent poll conducted by NPR, the Robert Wood Johnson Foundation and the Harvard T.H. Chan School of Public Health finds about half of Americans who work 50-plus hours a week say they don't take all or most of the vacation they've earned.

And among respondents who actually take vacations, "30 percent say they do a significant amount of work while on vacation," says Robert Blendon, a professor and health policy analyst at the Harvard T.H. Chan School of Public Health who directed the survey. "So they're taking their stress along with them wherever they go."

[Read the whole story](#)

BBQ fundraiser with historian at Vikingsholm

Vikingsholm historian and advocate Helen Smith will be honored with an evening celebration Aug. 4 and rededication of the visitor center exhibit featuring Smith's lifelong association with Vikingsholm.

Reminiscing on her 14 summers at Vikingsholm, Smith remembers the barbecue's Lora Knight would have with her friends and family while overlooking Emerald Bay. Sierra State Parks Foundation is bringing back that tradition for one evening.

This celebration benefits the work of the Sierra State Parks Foundation. Seating is limited and reservations are required.

Ticket cost \$75 and include parking with the opportunity to drive down to the visitor's center. Call 530.583.9911 to purchase tickets.

The Sierra State Parks Foundation's fundraising efforts at Vikingsholm have most recently included the restoration of the sod roof, upgrading all electrical components in the castle, and providing free school group tours. SSPF is currently fundraising to stabilize the south turret of the castle.

Urban a legend to country fans in Tahoe



Keith Urban is a master on guitar. Photo/Kathryn Reed

By Susan Wood

STATELINE – Country superstar Keith Urban rocked the Harveys Lake Tahoe outdoor concert arena Wednesday night with a show of shows from an amazingly personable, highly talented artist.

Urban, 48, brought a mix of hits spanning his quarter-century career such as “Days Go By” and “Long Hot Summer” as well as new songs on tour off his 10th album “Ripcord,” including the sensational duet with Carrie Underwood “The Fighter.” (Note: A cute version in the car with his wife and actress Nicole Kidman posted on Facebook received millions of views.)

The Aussie entertainer delved deep into the latest album, performing the driving tune “Sun Don’t Let Me Down,” bluesy “Blue Ain’t Your Color,” sway-induced “Gettin’ In the Way,” banjo-picking “Wasted Time” and beat-heavy “John Cougar, John Deere, John 3:16.”

Much to the delight of screaming, mostly-standing fans, the guitar-player extraordinaire even tuned up hits from other artists such as the likes of John Cougar Mellancamp and Bob Marley. With the latter, the stage screens lit up in reggae colors green, red and yellow.

In his signature playful, boyish style, Urban engaged the audience often – addressing it as a collective “Tahoe,” which he acknowledged was good to return to.

“Love you Tahoe. You might not know the words, but you give it a shot,” he bellowed.

The feeling was mutual at the concert that doubled like a love fest.

“I love him,” one woman dancing in Section 17 said with a serious deep adoration.

What she was about to learn about three-quarters of the way through the show is that Urban was about to move his road show

down the aisle to a mini stage feet away from her seat near the back of the arena. (Urban did the same thing at the giant Sleep Train Arena years ago in Sacramento, appearing in the middle of a mob that flanked him from all sides.)



Keith Urban has no problem connecting with his appreciative fans. Photo/Kathryn Reed

In Tahoe, adoring fans soon crushed in the empty space close to the mini stage, where Urban launched into his rhythmic, No. 1 2002 hit “Somebody Like You” while facing the back bleachers. He enlisted the help of one of his opening acts Brett Eldridge, a rising country singer with a personable style. The whole place erupted in cheers, singing and dancing.

At one point in the show, Urban also brought up to sing with him his other opening artist, Maren Morris, who had performed her smash hit “My Church” earlier that evening.

But July 27 at Harveys was more like Urban’s church, where thousands seemed to worship his brand of performance known for total play and an equally fun, guitar-heavy back-up band. Urban plays the electric guitar – and sometimes the bass and acoustical version – like it’s a part of his body.

Often arching his back and practically kissing the microphone, Urban looks to be the epitome of a blissful man and high-energy fun on stage. And during that relationship, the audience reciprocated to the glow of a huge lights display and precise audio music engineering.

The artist who essentially launched his career out of Nashville, never slowed up; delivering two encores – his 2006 chart-topping “Stupid Boy” and another No. 1 blockbuster “Raise ‘Em Up” from 2015. It’s like the audience was not about to let him go down off the stage.

“God bless you,” he said to the persistent clapping.

Urban extended a heartfelt thank you to the crowd before walking off into the evening. The performer has another show scheduled for tonight, which may have residual, day-of tickets remaining.

Other outdoor summer concerts scheduled at the Harveys arena include: pop artist Lionel Richie on Aug. 13; rock group Steve Miller Band on Aug. 18; red rocker Sammy Hagar on Aug. 26; alternative rock band The Killers on Aug. 31; and soul singer/keyboardist Stevie Wonder on Sept. 2.

South Tahoe author on book signing circuit

Todd Borg, author of the Owen McKenna mystery series, has a slew of book signings coming up.

His latest book, “Tahoe Dark”, is now out.

The South Lake Tahoe resident will be at the following locations:

South Lake Tahoe

- July 29, 4-7pm: Artifacts, 4000 Lake Tahoe Blvd. (in the Raley's Village Center)
- Aug. 3, 6:30pm: Talk and signing at the South Lake Tahoe Library, Rufus Allen Blvd.
- Aug. 7, 8:30am: Red Hut Cafe at Ski Run Boulevard.

Reno

- July 30, 11am: Talk and signing at Sundance Bookstore at 121 California Ave.
- Aug. 13, 8:30am: Red Hut Cafe, 3480 Lakeside, No. 1.

Tahoe City

- July 30, 3pm: Geared for Games, Boatworks Mall.

Truckee

- Aug. 4, 5-7pm: Truckee Thursdays in The Bookshelf tent.

Carson Valley

- Aug. 5, 6pm: Talk and signing at Shelby's Bookshoppe, 1663 Lucerne St., Minden
- Sept. 24-25: Exhibit and sign books at the Candy Dance Festival, Genoa
- Oct. 5, 4:30-6:30pm: Exhibit and sign at the Minden Library Author Day, Minden.

Carson City

- Aug. 6, 8:30am: Red Hut Cafe, 4385 S. Carson st.
- Sept. 27, 6:15pm: Talk and signing at Browsers Books, 711 E Washington St.

Bay Area

- Sept. 10-11: Exhibiting and sign books at the Mountain View Art & Wine Festival, Mountain View
- Nov. 11-13: Exhibit and sign books at the San Mateo Harvest Festival, San Mateo
- Nov. 25-27: Exhibit and sign books at the San Jose Harvest Festival, San Jose Convention Center.

Sacramento

- Nov. 4-6: Exhibit and sign books at the Sacramento Fine Arts Show, Sacramento Convention Center
- Nov. 18-20: Exhibit and sign books at the Sacramento Harvest Festival, CalExpo.

Quincy

Dec. 2, 5pm: Exhibit and sign books at Epilog Books for the Quincy Sparkle celebration.

Slew of events at South Lake Tahoe Library

South Lake Tahoe Friends of the Library have four varied programs on the calendar in August.

All events are free and are at the library, 1000 Rufus Allen Blvd.

On Aug. 10 at 6pm, Sierra College historian and Sierra Nevada native son Gary Noy will presents an illustrated lecture on unusual and lesser-known stories of Sierra Nevada history, with a special focus on California Gold Rush drinking, dining and gambling habits and an historical surprise or two about Lake Tahoe.

The presentation is based upon material from Noy's book "Sierra Stories: Tales of Dreamers, Schemers, Bigots and Rogues". The book will be for sale after the talk, which will be available for sale, and he'll be signing them.

On Aug. 16 at 6pm, wildflower photographer Roger Rosenberger will talk about the current season with photographs and impart advise on how to take breathtaking images. Joining Rosenberger will be Julie Carville, who is launching her newest book "Tahoe's Spectacular Wildflower Trails".

On Aug. 20 at 3pm, photographer Tony Rowell will talk about his new book "Sierra Starlight". Rowell is the son of wilderness photographer Galen Rowell, and has assembled an ambitious collection of nightscape photographs interspersed with facts and reflections on the landscape, as well as anecdotes about how some of his most awe-inspiring shots were captured.

On Aug. 30 at 6pm, Jan Loverin will present A Brief History of Underwear. She is the curator of Clothing and Textiles at Nevada State Museum's Marjorie Russell Clothing and Textile Research Center. The talk will look at the history of various forms and styles of undergarments worn by our ancestors.

Lack of medical research on women a problem

By Natalie Schreyer, Mother Jones.

Scientific research isn't a one-size-fits-all endeavor. And when it comes to how doctors treat the sick, the differences between patients can be a matter of life and death.

On the latest episode of the “Inquiring Minds” podcast, Indre Viskontas speaks with Marek Glezerman, professor emeritus of obstetrics and gynecology at the Sackler School of Medicine in Tel Aviv, about the differences between men and women when it comes to health and medicine. Those differences aren’t always well understood by doctors, but they are extremely important. They exist in the disease symptoms we experience, the way our bodies regulate temperature, and even how we process pain.

These differences can have profound consequences. As Glezerman explains, some serious medical conditions, such as heart attacks, have symptoms that present differently in men and women. A woman, for example, may not show symptoms of a heart attack as quickly as a man. Her pain may radiate to the neck or the face, while in men pain often spreads to the left side of the body. According to Glezerman, one in five women who arrive at the emergency room with these symptoms is likely to be misdiagnosed. And a misdiagnosis can be fatal.

Read the whole story

2-day music-beer festival at Squaw Valley

The 15th annual Brews, Jazz and Funk Fest will be Aug. 13-14 at the Village at Squaw Valley.

Proceeds from the event benefit the Humane Society of Truckee-Tahoe, a nonprofit dedicated to saving and improving the lives of animals. Last year’s festival raised more than \$20,000.

The festival is 2-8pm both days, with a \$5 entry fee each day.

Breweries from across California and the west will be in attendance, as well as several international breweries. Following are participating breweries: 101 North Brewing Co., Alaskan Brewing Co., Bear Republic Brewing Co., Carlsberg, Deschutes Brewery, Firestone Walker Brewing Company, Gordon Biersch/Wildcide Hard Cider, Kostrizter, Kronenbourg Brewery, Mad River Brewing Company, Mendocino Brewing Company, New Belgium Brewing Company, New Glory Craft Brewery, Out of Bounds Brewery, Ruhstaller, Six Rivers Brewery, Tahoe Mountain Brewery Co., Trumer Pils, and Yolo Brewing Company. The breweries will be selling 16 ounce beers for \$5 each. Additional breweries will be added in the coming weeks.

The artist lineup includes headliners Marc Broussard, a southern rock-soul artist, and the Main Squeeze. Musical groups JC Brooks & the Uptown Sound, Eli Paperboy Reed, and Polyrhythmics will also be playing.

Show on motorcyclists will reveal Nevada to Australians

By Richard N. Velotta, Las Vegas Review-Journal

They're called "temporary Australians," a derogatory term cooked up in the 1920s for wandering motorcyclists who headed out on the dusty back roads of Australia and didn't seem to have a lick of sense about distance and direction.

"It's meant as an insult, but we embraced it because we have the same kind of sense of humor that you seem to have here in Nevada," said Greg Hirst, the executive producer and host of a television series shown Down Under that's now in its fifth season.

The show is called “Temporary Australians” and the Nevada Commission on Tourism is embracing it as a means to show off the state to thousands of viewers half a world away at relatively low cost.

Read the whole story

Power of the human-animal bond

By Las Vegas Sun

The gentle nudge of a paw. A friendly chirp. A boisterous purr. A soul-penetrating gaze.

These are the moments pet owners cherish and cling to, that make messes or misbehavior irrelevant. Because, at the end of the day, we need their love as much as they need ours. But why? Why can animals – whether they’re furry, feathered or scaled – inspire such deep emotion in humans? And how do they maintain such loyalty despite the broken promises to walk them, the late dinners we feed them and the hours we spend venting to them?

Scientists call it the human-animal bond, an indisputable phenomenon supported by an ever-growing body of research. The average person might call it unconditional love.

“They’re not judgmental; they’ll listen to us all day,” said Steven Feldman, executive director of the Human Animal Bond Research Initiative Foundation in Washington, D.C. “They’re always happy to see us. ... It’s a strong bonded relationship

where they really do focus on us and give us everything, which you don't always get from another person."

Read the whole story