

Mark MacKay Band to play at Stateline

Mark MacKay Band headlines the March 17 FNCTN show at Lakeview Loft (above Dart Liquor) in Stateline. He is one part blues rocker and one part country picker.

The Roemers, the West Shore family band, will kick off the music with original blues and funk along with classic rock covers.

A special guest disc jockey to keep the dance moves going until 4am

Doors open at 8pm, with music beginning at 9m. Admission is \$10 in advance and \$15 at the door. Tickets may be purchased at Tahoe Hemp Company or **online**.

Caregiver classes available in South Tahoe

El Dorado County Health and Human Services Agency, Family Caregiver Support Program is offering a free Aging & Caregiver educational series in South Lake Tahoe.

The six-week educational series will be on Mondays beginning April 18, from 1-3pm at the Lake Tahoe Resort Hotel, 4130 Lake Tahoe Blvd., South Lake Tahoe. The series will provide instruction and support for people who care for or plan to care for a family member or friend aged 60 years or older.

The series topics will include the following:

- **April 18 – Legal Rights/Responsibilities of Caregiving: How to Stay Out of Trouble:** Legal and ethical duties and decisions will be discussed including other responsibilities associated to the health and well-being of your loved one.
- **April 25, – Understanding & Responding to Dementia Related Behavior:** A four step model to address behavioral aspects of dementia.
- **May 2, – Grief, Loss and Healing through Art:** Creative expression can help lift one's spirit and help the griever deal with emotions they may face.
- **May 9, – Maximizing Your Golden Years:** Discussion on how to maintain your physical health safely as you age and how age progression affects mobility and physical function.
- **May 16, – Transitioning from Hospital to Home:** Returning home from a hospital stay can result in unexpected challenges for many seniors. Learn tips and discuss the process of transitioning home safely.
- **May 23, – The Ins and Outs of Rehabilitation:** Staff from Barton Home Health Rehabilitation will discuss physical therapy, occupational therapy and speech therapy.

The educational series will be presented by local experts in their respected fields. Participants may attend one or all of the classes. The classes are free, although donations are accepted. Advanced registration is requested, but not required, by calling 530.621-6151.

‘The Musical Comedy Murders

of 1940' at LTCC

Lake Tahoe Community College the Hollywood murder mystery "The Musical Comedy Murders of 1940" on March 11-20.

It is a fast-paced and funny who-done-it play about the creative team responsible for a recent Broadway flop, in which three chorus girls were murdered by the mysterious "Stage Door Slasher." They assemble for a backer's audition of their new show at the Westchester estate of a wealthy "angel." The house contains sliding panels, secret passageways, and a German maid who is apparently four different people—all of which figure diabolically into the mayhem that follows when the infamous "Slasher" returns to strike again—and again. As the composer, lyricist, actors and director prepare their performance, and a blizzard cuts off all escape, bodies start to drop in plain sight, knives spring out of nowhere, masked figures drag victims behind swiveling bookcases, and accusing fingers point in all directions.

LTCC's cast brings familiar and new faces to the Duke Theatre stage. Frank Riley is the bumbling detective intent on finding the "Slasher;" Carolin Hansa is the owner of the mansion who is obsessed with espionage; Chris Taylor is the artsy director with a bad habit of name-dropping every celebrity he has supposedly worked with; Fritz Schlottman is the flamboyant and slightly neurotic composer; Pam Taylor is the high-strung lyricist who always has a drink in her hand, if not the entire bottle; Diana Evans plays the overly-dramatic producer; Jered Stowell is a seriously struggling comedian and Samantha Bender is the spunky chorus girl who brings out the best in him; Elliott Smart is the Irish Tenor with a questionable dialect; and Ashley Wallick is the maid who ends up murdered...or does she?

Performances of "The Musical Comedy Murders of 1940" are March 11, 12, 17, 18, 19 at 7:30pm, with matinees on March 13 and 20

at 2pm. High school and college students with a valid student I.D. card can see the show for free on March 17. Simply present a valid student ID at the Duke Theatre box office for as long as tickets are available. Free tickets for this performance are not available in advance.

Tickets are \$10 general admission, and \$5 for seniors, groups of eight or more, and students with a valid student ID. Tickets may be purchased in advance at LTCC's Bookstore Monday through Thursday. The box office will be open for ticket sales one hour before all performances.

TOCCATA to perform Bach's 'Passion'

Tahoe Symphony Orchestra and Chorus continues its Winter MusicFest with the 11th annual presentation of J.S. Bach's masterpiece the "Passion according to St. Matthew".

The first concert of the four concert series will take place March 18 at 7pm at Corpus Christi Catholic Church in Carson City (3597 N. Sunridge Drive).

The program will feature selections from "Part two of the Passion", and will be performed in English. Soloists include Sherman Modeste as the Evangelist, Chris Langton as Jesus, John Rabben as Pontius Pilate, and Chris Nelson as Peter. Maria Arrigotti, Anna Helwing and Joy Strotz are the soprano soloists. Scott Deupree performs as the High Priest, with Susan Horst, MaryAnn Helman, Linda Mitchell and Michael Lloyd as the false witnesses. Katie Lauder will play harpsichord continuo, along with Nicholas Haines, cello. Maestro James Rawie will conduct all performances.

The “St. Matthew Passion” will be repeated on Palm Sunday, March 20 at 3pm at St. Rose of Lima Catholic Church in south Reno located at 100 Bishop Manogue Drive. (775.851.1874), and again on March 21 at 7pm at St. Theresa Catholic Church in South Lake Tahoe located at 1041 Lyons Ave. (530.544.3533). The final concert will be on Good Friday, March 25 at 7pm at St. Patrick’s Episcopal Church in Incline Village located at 341 Village Blvd. (775.831.1418).

Tickets are available at the door or **online**. General admission to all concerts is \$25 adults, \$20 seniors, \$5 students aged 19 to 23 with valid ID. Preferred seating is \$35 and \$15 for youth/students. Youth under 19 years of age are admitted free, in non reserved seating, to most regular season concerts in 2016.

Collection showcases Reagan-Laxalt friendship



Ronald Reagan materials found in the Paul Laxalt U.S. Senatorial Papers, housed in Special Collections & University Archives at the UNR Library, showcase the friendship between the two politicians.

By Sandra Chereb, Las Vegas Review-Journal

CARSON CITY – Newly released mementos from revered native Nevada son Paul Laxalt offers a glimpse into presidential politics of a bygone era and the close bond the former governor and U.S. senator forged with former President Ronald Reagan.

A collection of letters, handwritten notes, photographs, audio/visual resources and scrapbooks were made available last week to the public through the University of Nevada, Reno's Special Collections and Archives.

The collection, called “ ‘The First Friend’ of Ronald Reagan,”

is an extraction of personal materials donated by Laxalt to the university. The snippets span the years from 1975 through 1987, a time when Laxalt, the son of an immigrant Basque sheepherder, was national chairman of Reagan's 1976, 1980 and 1984 presidential campaigns.

Jacquelyn Sundstrand, special collections manuscript and archives librarian, said the materials are a time capsule into the politics and issues of the day.

[Read the whole story](#)

Road beat: Miata good on twisties, not for commuting



The latest Miata returns to its roots with design and

handling. Photos/Larry Weitzman

By Larry Weitzman and Mitchell Weitzman

It's hard to believe the Miata has been with us for nearly 30 years. The British-inspired Japanese icon started a revolution in motoring, bringing back raw, driving thrills in a small, lightweight, and most important, affordable package.

Not everyone is a fan of the Miata, it must be said. While some can't get over its image or lack of power compared to Miatas past, it's always been respected for its stubbornness to die off. Just when you think the Miata is finished, it gets reinvented again. The new Miata is, quite simply, the best ever and total production for this fourth generation should pass 1 million total production. Additionally, Miatas have become the most raced car in the world with more than 5,000 competing, most of them here in the United States.



Specifications

Price \$24,915 to about \$33,000 plus \$820 for the boat from Hiroshima, Japan

Engine

2.0L inline four cylinder DOHC, 16 valves 155 hp @ 6,000 rpm

148 lb.-ft. of torque @ 4,600 rpm

Transmission

Six-speed manual

Six-speed torque converter
automatic

Configuration

Longitudinal front
engine/rear wheel drive

Dimensions

Wheelbase 90.9 inches

Length 154.1 inches

Width 68.3 inches

Height (17 inch wheels) 48.8
inches

Ground Clearance (17 inch
wheels) 5.32 inches

Track (f/r) 58.9/59.2 inches

Fuel Capacity 11.9 gallons

Truck volume 4.6 cubic feet

Turning circle (wall to
wall) 32.9 feet

Steering lock to lock 2.7
turns

Wheels (std/opt) 16X6.5/17X7
inches

Tires (std//opt)
195/50X16//205/45X17

Weight 2,332 pounds

Weight distribution (f/r)
53/47 percent

Performance

0-60 mph 5.75 seconds

50-70 mph 3.42 seconds (3rd
gear)

50-70 up hill (6%) 4.55
seconds

Top Speed Estimate 140 plus
mph (have ear plugs)

Fuel economy EPA rated
27/34/30 mpg
city/highway/combined.
Estimate 30-32 mpg in
suburban driving, 35 mpg in
rural driving and 37-38 mpg
at 70 mph on level ground.

Surely, you must think, after having the aging period of a \$1,000 bottle of Scotch, it must be good. Truth is the Miata started off life as brilliant and then faded to the ranks of good in the midst of its own mid-life crisis, gaining weight and betraying the principles of the original. Luckily, that mid-life crisis has been resolved, as the 2016 has lost its beer belly and updated its wardrobe. It's also taken dance lessons. So, yes, nearly 30 years has made it the Miata of Miatas.

So, you want some specs then? Try this: trim the weight several hundred pounds down to a lithe 2,300, add a compelling, Skyactiv, small-capacity (2.0) four-cylinder producing 155 HP at a low 6,000 rpm plus 148 pounds of twist at 4,600 rpm, a NASA-precise 6-speed manual, and you get 0-60 in just 5.8 seconds. For the record, the original took about 9 for the same sprint.

Essentially this is the same engine used in the Mazda 3, CX-3 and CX-5. And it is super high tech using direct injection, a sky-high 13:1 compression plus variable valve timing that allows the engine during low loads run as an Atkinson cycle.

But power isn't everything. This new Miata sips fuel. Rated at 27/34/30, fuel economy is up by 20 percent. Overall, we averaged 35 mpg and 37-38 mpg at 70 mph on the highway. That is almost the same as the super economical Mazda 3 (the 3 returned over 40 mpg on the highway). Brakes are also benchmark stopping the Miata in just 36 feet from 40 mph.

The rear-wheel drive chassis is Nobel Prize winning exhibit in physics and feedback. Climb down into the new, improved cabin featuring far better materials, position yourself firmly in the tight hugging seat with your hands on the finely wrapped wheel and it's as if you're connecting your brain and body into the car. All the motions are just that: telepathic. The steering, though now electrically assisted, has real feel and precision and is a quick 2.7 turns lock to lock. Possibly the best EPAS system I've tried yet, and far outshining those found on modern BMWs.

Positioned in the center console is a snick-snick 6-speed butter smooth manual. A purist might think driving a car like this with an automatic would render you a heretic. If you have a bad hip, sure, but otherwise get the manual. The way the gear lever passes through each gate into gear is a real thing of beauty. Like a blacksmith forging a sword for a samurai, it's an art that must not be forgotten.

Speaking of swords and samurai, the whole car looks like it's shaped by one. Sharp creases sliced down the front and rear flanks with a chiseled front end. Did I mention it's the best-looking Miata to date as well? It's a design that oozes star quality and a premium price; such are the intricacies of the design used. Italians take note.

Back on the road though, this is what the thrill of driving is supposed to be. With the top down, wind rustling quietly beside you and exposed to the outside of the world, it feels as one with the road. And while we're at it, though the top is manual, it can be put up or down in 5 seconds or less each way, it's that easy. It also helps make this car as light as it is.

Wind up the motor, go through the gears, hit a few apexes and it's startling to think that some people don't like Miatas. They clearly need to drive this one. Though not a 300 hp powerhouse, this trick four-banger revs eagerly through each

of its six short gears with amazing flexibility as it pulls smartly from 1,500-2,000 rpm in the first four gears. Even on sweeping 50 MPH mountain roads it never leaves you wanting for more power. Third gear rocks.



The two-seater even has some truck space.

Seeing a sign for a 15 mph hairpin clearly illustrates that, as throwing it into second gear allows for easy, deliberate over steer on corner exit, courtesy of the 205/45X17 summer rubber that permits this level of exuberance. What was more surprising was on a left-hander taken at 60, 25 over the posted recommendation. Nearing the exit, aim the nose toward the apex and instantly the back end gave up, requiring a “dab of oppo” and you are on your way again with the power down.

The power doesn't overcook the tires, but rather the chassis itself broke into a beautiful slide of over steer at the limits of its handling. This is good news and I'll tell you why. Today, too many cars have too large of tires in the pursuit of ultimate grip. Grip is good; grip is safe. But grip isn't always fun. Here's the Miata, showing that smaller tires matched with supreme balance is the most fun way around a corner. Because you don't have to be going a million miles per hour to push boundaries where things really start to go silly. All of the handling depictions above were performed with the TCS and DSC switched off. If on, the systems intercede with the fun.

So, it's perfect then? No, not quite. Through 50 miles of winding country and mountain roads it was supremely sublime. But following that up the next day with 200 miles of freeway driving and the memories of sliding quickly fade. With the roof up and at highway speeds (70 mph plus), the noise can be intrusive. It's might be improved with the top down. Conversations have to be held at higher than normal volumes and the stereo must be turned up halfway for it to be heard, but by then the road noise and music make for a very tiring experience. The seats momma-bear hug that was so welcome before becomes too tight as well. A GT car this is not. The sat-nav and infotainment system is far from the best. And in time of trouble having missed an exit, I found using my phone for an alternate route was easier than trying to make the nav comply.

A base Sport model stickers for \$24,915 plus \$820 for the boat from Japan. The high end Club Miata lists at \$28,600 with its state of the art Bilstein suspension. The Brembo/BBS package adds \$3,400 and includes Brembo brakes (calipers and rotors) and gorgeous 17X7 inch wheels pushing the price with the boat ride close to \$33 large. That's a bit more than another driver's tool known as the FR-S/BRZ, which also require a hacksaw to take the top off. A base Miata is a couple of grand less and you don't have to buy a hacksaw. However, the go-faster bits are great on the Club such as the hard-stopping Brembo front brakes, but the creature comforts such as the infotainment system can be passed over. The cheapest Miata is the Miata to have. The price of my tester betrays its core value too, of being affordable.

Confusing verdict? Yes, slightly. The new Miata on a good road is an experience worthy of a bucket-list. But at high cruising speeds its lack of comfort is exposed. For those looking for raw, open-top motoring thrills look no further. But if looking for a commuter, I would suggest elsewhere, unless your commute includes Wentworth Springs Road. Don't get me wrong, we loved

driving the new Miata. Just be sure to take the twisty route to work.

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. Mitchell Weitzman has been around cars most of his life, and has hundreds of hours of lap track experience. He is a recent graduate of UC Santa Barbara, with a degree in English.

How exercise may lower cancer risk

By Gretchen Reynolds, New York Times

The relationship between exercise and cancer has long both intrigued and puzzled oncologists and exercise physiologists.

Exercise is strongly associated with lowered risks for many types of cancer. In epidemiological studies, people who regularly exercise generally prove to be much less likely to develop or die from the disease than people who do not. At the same time, exercise involves biological stress, which typically leads to a short-term increase in inflammation throughout the body. Inflammation can contribute to elevated risks for many cancers.

Now, a study in mice may offer some clues into the exercise-cancer paradox. It suggests that exercise may change how the immune system deals with cancer by boosting adrenaline, certain immune cells and other chemicals that, together, can reduce the severity of cancer or fight it off altogether.

Read the whole story

Waiting patiently – dogs find forever homes



Aggy and Olivia have found new forever homes after their previous owner died. Photos/Provided

By Kyla Long

What started out as tragedy has turned into love and joy. You may have heard **the story** of the woman who tragically died in a fire on Kingsbury grade in the ponderosa Mobil home park.

On Nov. 16, Tahoe Tails and Trails agreed to care for her dogs who survived the fire, Aggy and Olivia. The girls were very sad and mourning the loss of their human. They were brought to us by Debbie and Ray Winters, who found them wandering on Kingsbury Grade. Aunt Debbie is what we would call her from then on. The Winters' were really the dog's saving grace. Debbie took them to get vaccinated and microchipped, Tahoe Tails and Trails groomed them and got them looking good.

At first, the girls were very sad and not really wanting to do anything other than sleep, so we let them.

We decided to let them open up to us when they were ready, and they sure did. Once they started opening up and loving us we had so much fun with them. They are hilarious, very playful, sloppy kissers, sweet girls with very waggy tails. I decided to let them stay with me at Tahoe Tails and Trails until they found their forever homes as there was no next of kin and no one to take over their care.

So they stayed with us and became part of our family at Tails and Trails. Daily forest walks, lots of love and attention, and slowly came out of their mourning and into living. Aunt Debbie and Uncle Ray came weekly, sometimes more to visit the girls, bring treats, food and take them for a walk. It was good for the girls to have them visit, they knew them in their previous life and I think it brought them comfort.

Olivia's connection with me and Aunt Debbie was growing stronger by the day. We were concerned that she would struggle adapting to another new home. But through this experience, we have all learned with a little love, anything is possible.

Both Aggy and Olivia went on a couple overnight visits with potential forever families, but it was not the right fit, and they let me know. So we just kept being patient and reminding ourselves that the right person will come along, and so they did.

Adam Marshall contacted me with an interest in Olivia, but it was Aggy who fell in love with him. The connection was immediate and perfect. The way she looked at him was so sweet. Not wanting to separate the girls, we both had to take some time to think about separating them. I decided to take a chance and see how they would do without each other. My heart told me if they both had loving homes they would be OK, and I knew Adam and his family would be a great start for Aggy. So she went on an overnight to meet the family. The way she walked out of Tahoe Tails and Trails made my heart melt. Head held high, tail up and wagging looking up at Adam with love and admiration. She was saying "let's go Dad, I am ready!"

Aggy settled into her new home very quickly. She has kids to play with, a loving home with – all attention on her. I would say she is stoked! Aggy has a knee injury and needs ACL surgery. She has been doing very good for two years, but being only three she needs to get it repaired. Ironically, Adam has some knee issues himself and is willing to help her through the recovery. He is such a patient person, with a huge heart. Adam is a dog lover and has been missing his companion for a long time. When his last dog passed it was very hard to replace him, but Aggy sparked a fire that had been put out for a long time. They both have a long story and have the rest of their lives to tell the next chapter together.

With Aggy happy in her new home, all focus was on Olivia. She was doing just fine at Tails and Trails because she had all her doggy friends, endless amounts of love and exercise. We knew it was going to take a special person for Olivia to open her heart, but she did.

About a week and a half after Aggy left, Ron Hallaway came into Olivia's life, thanks to Lisa Pinto. Ron had lost his beloved Turbo at 15 years old and was waiting for the right dog. When Olivia and Ron met each other it was love at first

sight -- just like Aggy and Adam. I had never seen Olivia take to anyone that quickly. She knew he was there to take her to a great home with her own beach. She proudly jumped into the back of his truck and looked at me with eyes of content. Lisa went to visit

that day and both she and Ron sent pictures of her on her new beach. She looked so happy.

Aunt Debbie and I went to visit a couple days later and much to our surprise, she had already attached herself to Ron and vice versa. Olivia is his new sidekick, skiing, biking, beach days, oh yeah, and as a carpenter she will be a great dog to keep him company on the job site. I am pretty sure Olivia knew Ron needed her, and he knew she needed him.

When I told Adam about Olivia's new home, he was thrilled because he knows Ron. What a small world and so perfect that Adam and Ron know each other. Even though we could not keep them together, they will be able to see each other and have great new homes right here in Tahoe. They were both so patient in waiting for their new forever homes and honestly I could not think of a better situation for either of them.

All of us at Tahoe Tails and Trails are so happy we could help these wonderful dogs find homes. We are not a rescue organization, but we strive to help in situations like this. We have actually placed 11 dogs in the past 6½ years. I am very thankful for my amazing staff and support of the community.

Special thanks to the people that helped with Aggy and Olivia. Debbie and Ray Winters, Sandy Shields, Lisa Pinto, Linda, Susan Glasgow, Carrie Turner and of course Adam Marshall and Ron Hallaway.

If you are interested in contributing to help with Aggy's knee surgery, please contact me at Tahoe Tails and Trails. I will be setting up a Go Fund me account on her behalf.

Love is powerful. If you open your heart, it will find you. Always choose rescue. There are so many wonderful dogs with similar stories.

Kyla Long is the owner of Tahoe Tails ad Trails in Stateline.

Big wall climber part of Tahoe film series

Kate Rutherford will complete Alpenglow Sports' 10th anniversary Winter Film Series.

Rutherford will present The Year of the Leaning Towers, which will showcase her life weaving together the threads of new routes in remote mountain ranges on distant continents, art, and fun big walls at home in California.

Rutherford attributes her love of climbing to the childhood trapeze in her rural Alaskan cabin. Without electricity or running water, she had lots of time to climb and dangle. She officially learned to climb while attending Colorado College, but a visit to Yosemite changed everything. Today, free climbing long crack systems is her passion, which she augments with making jewelry and stints as a fly-fishing guide.

The free event will be March 17 at 7pm at Squaw Valley's Olympic Village Lodge.

Tahoe Tails – Adoptable Pets in South Lake Tahoe



Duke

Duke is a really cute little beagle mix who's been at the shelter for almost a month, and we can't figure out why. He's a very happy little boy who loves to go for walks. Duke is 5 years old and gets along well with other dogs. He needs a secure fenced yard or to be on a runner when outside.

Duke is neutered, microchipped, tested for heart worm, 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